



Childbirth Classes

The information and recommendations in these handouts are not a substitute for health care. Please consult your health care provider for information specific to you and your health.

- **Childbirth Education Class**
 - <https://us.hypnobirthing.com/about/what-is-hypnobirthing-definition/>
 - <https://americanpregnancy.org/healthy-pregnancy/labor-and-birth/childbirth-education-classes-70931/>
 - **Amita Alexian Brothers/ St. Alexius**
 - Virtual Tour
 - <http://www.virtually-anywhere.net/tours/amita/abmc/vtour/index.html>
 - Zoom Virtual Maternity Tour
 - <https://classes.amitahealth.org/wlp2/#!/classes/info/DWH0024R>
 - **Northwest Community Hospital**
 - <https://www.nch.org/conditions/womens-health/obstetrics/labor-delivery/>
 - Virtual Tour
 - <https://www.youtube.com/watch?v=bqhQRwH-heI&feature=youtu.be>
 - Prenatal Classes
 - <https://www.nch.org/conditions/womens-health/obstetrics/prenatal-classes/>

Google Drive Folder to Access More Articles:

<https://drive.google.com/drive/folders/1yuTDTyAhUeYE5aL8OlSyoKRzg4kYovRQ?usp=sharing>



COVID-19 Resources for Pregnancy, Postpartum, & Breastfeeding

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- **ACOG: Coronavirus (COVID-19), Pregnancy, and Breastfeeding: A Message for Patients**
 - <https://www.acog.org/womens-health/faqs/coronavirus-covid-19-pregnancy-and-breastfeeding>
- **CDC: Pregnancy, Breastfeeding, and Caring for Newborns**
 - <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>
- **Society for Maternal Fetal Medicine Statement**
 - <https://www.smfm.org/covidfamily>
- <https://www.pregnancycovid19.com/>

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