

Free Childbirth Classes

Live & Online

POWERED BY BIRTHLY



Certified and experienced
childbirth educator.



Live and interactive teaching
with dedicated Q&A.



Convenient sessions in the
comfort of your own home.

CLASS EXPERIENCE

Live Video Feed

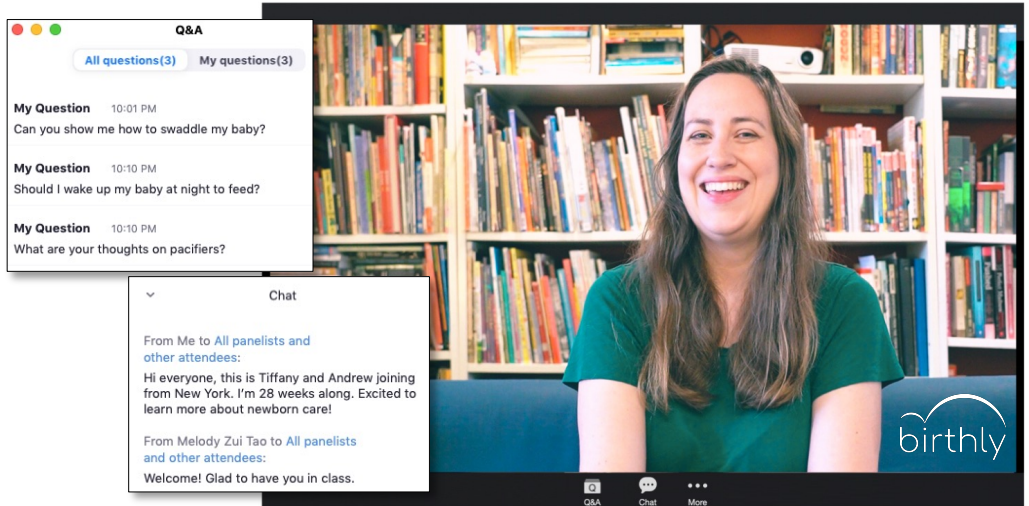
Connect with certified
childbirth educators
through virtual classroom.

Interactive Q&A

Get real-time answers to
your biggest questions.

Group Chat

Meet other new parents
and share your
experiences.



Q&A

All questions(3) My questions(3)

My Question 10:01 PM
Can you show me how to swaddle my baby?

My Question 10:10 PM
Should I wake up my baby at night to feed?

My Question 10:10 PM
What are your thoughts on pacifiers?

Chat

From Me to All panelists and other attendees:
Hi everyone, this is Tiffany and Andrew joining from New York. I'm 28 weeks along. Excited to learn more about newborn care!

From Melody Zui Tao to All panelists and other attendees:
Welcome! Glad to have you in class.

Q&A Chat More

AVAILABLE CLASSES

Early Pregnancy Preparations

1.5 Hours
(1 Session)

A roadmap to a typical pregnancy journey, highlighting all the key milestones. We will also discuss nutrition, exercise, and mental health.

Prenatal Bootcamp

5 Hours
(2 x 2.5-Hr Sessions)

A detailed overview of the labor and delivery process. Also covers the basics of common medical interventions and postpartum strategies. Classes available in English and Spanish.

Coping and Comfort

1.5 Hours
(1 Session)

An experiential class that equips parents with non-pharmacological tools and strategies commonly used for coping with labor.

Breastfeeding 101

2 Hours
(1 Session)

A class filled with specific instructions and expert advice on how to get a good start to breastfeeding. Classes available in English and Spanish.

Newborn Care

2 Hours
(1 Session)

A course designed to help new parents become familiar with newborn behavior and the ins-and-outs of practical baby care.

Sign-up here:

 www.mybirthly.com/nnrhospital

 info@mybirthly.com

Free, unlimited classes
with code **“NNRH”** at
checkout