

Preparing for Labor I and II

1. What is the difference between the classes?

- a. In Preparing I topics are covered in more detail. Designed for first time parents-to-be. Also includes hands on practice with breathing techniques that may be helpful during labor and delivery
- b. In Preparing II, topics are still introduced, but the class is designed for parents needed a refresher class since their last pregnancy. Tour is still included, but no hands on breathing practice.

2. What should I bring to class?

- a. Please bring any item to make yourself more comfortable. Pillows are optional. If you are signed up for the two-night class, please bring the pillows on the second night.

3. My plans have changed. How do I change my registration?

- a. You may call or go online to change your registration. When registering online you received a confirmation number. To change your registration online, you will need this confirmation number. Please be considerate and change your registration as far in advance to allow others into the class.
- b. Online access at www.AuroraHealthCare.org/events or by phone 1-888-863-5502.

4. Should each parent register separately for class?

- a. No – both parents/partners are included in the class fees. Support people are strongly encouraged to attend classes. You only need to register once. The only exception is the DADicated class that is designed only for Dads.

5. What should I expect from this class?

- a. Please refer to the class descriptions for each class. You will learn about the core design of the class. You can expect to have a highly trained and knowledgeable instructor that will guide you throughout the class. This instructor will be able to answer your questions.

6. What should I bring to class?

- a. Please come prepared for your own comfort. Dress in layers that can easily added or removed for comfort. Please feel free to bring beverages and/or snacks. ABMC has vending and the Greenbriar Café available on site with some great options as well. Each class may have specific recommendations so please refer to the class information when registering.

7. Is there a discount for taking multiple classes?

- a. There is no discount offered

8. Why do I need to pay before the class?

- a. To secure your spot in class, you must pay for the class fee ahead of time.
- b. Classes tend to fill quickly and often have a waiting list.

9. What if I'm not comfortable using my credit/debit card online for payment?

- a. You may always call 1-888-863-5502 to register over the phone

10. Are there any scholarships or relief available to parents from the class fees?

- a. Aurora waives the fee for participants affiliated with the NEW Community Clinic, Salvation Army, and WIC.

b. In order to qualify, you must use the registration form obtained at these organizations.

11. Is payment refundable?

a. Payment is refundable if cancelled prior to class. Please be considerate and cancel as far in advance as possible. Please call us at 1-888-863-5502 or go online at www.AuroraHealthCare.org/events to change your registration.