Imagine taking a childbirth class in the comfort of your own home.

Pregnancy is a very special time. If you and your partner are expecting, it is easy to feel overwhelmed by fear of the unknown. Studies have shown that being educated in the birth process can reduce the amount of stress in labor. When you understand the labor process, it is easier to allow your body to do what it needs to do. Many new parents find that education through birthing classes, or an online childbirth class offered by their hospital, can really help calm their worries and answer many questions.

Knowledge is power. Being well informed and having confidence in the facility where you will deliver your baby is essential for a positive birth experience.

Nothing can replace the warmth and personal connection you and your partner would feel in an in-person classroom environment. However, many couples find it hard to fit an entire day, or a series of classes, into their schedules. This online program allows you to learn at your own pace and convenience.

Online Childbirth Education Program

For more information, go to www.thedacare.org/classes, type eLearning in the keyword field.
Or call ThedaCare On Call at 920-830-6877 or 800-236-2236, M-F, 8 am - 5 pm
There is a fee for this class.
This online class may be the answer if you find yourselves in one of the following situations:

- **Time Constraints** — Perhaps you and your partner have limited time because of other commitments or activities.

- **Scheduling Conflicts** — Maybe you and your partner work different shifts and the timing of the classes does not allow both of you to attend.

- **Bed Rest** — Your healthcare provider may have placed you on bed rest for medical reasons and therefore you cannot attend classes.

- **Hospital Classes are Full** — Perhaps you have waited too long to register for classes and there is nothing available.

- **Have Given Birth Before** — It is always helpful to have a “refresher course.”

**How does it work?**

Log in to the hospital website and click the eLearning link. Key in your code and you’re there! Learn about pregnancy and birth with this 109-page interactive tutorial. It is a very easy to understand and user-friendly program and was recently awarded “best interactive” site by eHealthcare Leadership. Learn at your own pace to be prepared for your baby’s birth.