



An overview of our educational programs

Education is a critically important part of achieving the birth experience you desire. The following is a description of each of the classes and seminars we offer. Payment, when required, is made directly to Birth Matters. All classes and seminars are held in the lower level classroom at Holy Family Birth Center, 9835 Auburn Road. For more information visit www.birthmatters.com or www.fertilityandmidwifery.com.

All Things Birth Center. This is a **free** monthly seminar offered on the **fourth Monday** of each month from 6-7:30 PM. It is **required** as the first step for families wishing to use the birth center. We discuss in detail our unique model of care, safety data related to birth center birth, hospital transfers, Indiana regulations related to birth center eligibility, pain management options available at the birth center, and something that no other health care facility in America offers: clear and transparent information about the cost of birth center birth.

Audience: *anyone interested in birth center birth*

Expecting with FMCC. This seminar is offered the **second Wednesday** of each month, 6-7:15 PM. It's **free** and we cover all things pregnancy, from conception to 36 weeks. We discuss optional genetic testing, due date calculations, ultrasound, diet, exercise, a lot of myth-busting, hospital vs. birth center options, and our unique physician/nurse-midwife integrated model of care, among other things. We also tour the birth center after the class for those interested. All are welcome. You don't have to be an FMCC patient and you don't even have to be pregnant.

Audience: *Those new to pregnancy and/or new to our practice. Open to anyone interested in our practice model.*

Birth Planning Seminar. This is a **free** seminar offered on the **first Tuesday** of each month, 6-7:30 PM. Ideally, you would attend between 28 – 37 weeks of pregnancy. We cover all things labor, birth, and postpartum including when and how to call the office in labor, what to expect when arriving at the hospital, options available to you to manage the discomforts of labor, options available to you in terms of labor and birth methods/positions, several questions to which you need answers at the time of your baby's birth, discharge planning, and the keys to selecting a peds provider, among other important topics. It's a fun 90 minutes and it's open to anyone who would like to attend.

Audience: *anyone planning hospital birth (not necessary for birth center families)*

Birth Matters Childbirth Education. This is a two-part, world-class childbirth education course. There is simply nothing else like it in the region. You will finish feeling like you have a Ph.D. in Birth. Dr. Stroud likes to say that he can look at a husband's face in labor and know if the couple has attended the Birth Matters class. This class is **required** for birth center patients if it is your first pregnancy, or if you have not had a natural birth in the past ("natural" means without an epidural). The fee for this two-part class is **\$250**

Audience: *anyone wanting to be prepared for labor and birth. Note: required for some birth center families.*

Fertility & Midwifery Care Center



Holy Family
BIRTH CENTER
Birth as it was intended

Birth Matters Birth Center Prep Class. This is **required** for all patients who desire to use the birth center, regardless of your childbirth history. It covers common emergencies and a wealth of other important information about birth center birth. The fee for this class is **\$50**

Audience: *required for all birth center families*

Birth Matters Breastfeeding. In keeping with the outstanding content provided by Birth Matters, this is by far the best breastfeeding instruction you can obtain, period. There is nothing else in our region that even compares to this class when it comes to helping you successfully breastfeed your baby. For more information visit www.birthmatters.com. The cost is **\$60**

Audience: *anyone interested in breastfeeding*

Birth Matters Newborn Care. If there has ever been a class that is undervalued, it is Newborn Care! Most families are extremely busy during their third trimester – finishing preparations, acquiring needed items, taking lots of education classes – and they choose to opt-out of this class to save time and lessen stress. Once the baby is born, however, parents are in complete charge of caring for their new little one in every way. *That* is when they need knowledge and skills to truly lessen the stress of becoming full-time parents! Taking Newborn Care at Birth Matters provides instruction and practice of all of the essentials to help build parental confidence as you prepare to meet and care for your baby. The fee for this class is **\$60**

Audience: *anyone interested in learning more about parenting newborns*

Note: *if the Birth Matters childbirth education, breastfeeding, and newborn care are taken as a bundle, the cost is **\$300***

Birth Matters VBAC Class. This class is truly one-of-a-kind instruction. The team at Birth Matters has worked tirelessly to craft an experience that is unique, valuable, and relevant to families planning a VBAC (vaginal birth after cesarean section). They cover the risks and benefits involved with VBAC while also spending time on what is often overlooked: the emotional component. The cost of this two-part class is **\$150**

Audience: *families interested in VBAC, especially those who may have experienced emotional trauma as a result of their cesarean birth*