

Pricing & Details

Any Single Topic Workshop: \$35
Verified Medical Assistance: \$10

Lamaze Four-Week Series: \$195
Verified Medical Assistance: \$50

Lamaze Crash Course: \$175
Verified Medical Assistance: \$25

Spinning Babies: \$100
Verified Medical Assistance: \$25

Pricing is meant to reflect accessibility for all families, with additional discounts for those with a Medicaid Insurance Plan.

Pre-registration is required for all classes. For additional information, to register or to request a discount with your Medicaid information, please visit the Everyday Miracles web site

www.everyday-miracles.org

Contact us

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Childbirth Education



everydaymiracles

REGIONS HOSPITAL

Classes

Everyday Miracles and Regions Hospital are happy to partner in order to provide a wide range of childbirth and breastfeeding education options. These classes are open to all families, regardless of where they are giving birth. As a nonprofit, Everyday Miracles strives to provide quality education at accessible pricing for all and class fees help support our core programming. All classes will be held at Regions Hospital.

Birth Refresher: Not a first-time parent but need a refresher? This class will help you refocus and remember what to expect for birth and postpartum, and also discuss sibling and family transitions.

Birth Toolbox: This class will teach families some of our favorite doula "tricks and tools" including breathing practices, massage techniques, positions and more.

Breastfeeding Basics: Learn how to get breastfeeding off to the best start! This class will discuss how breastfeeding works, how to make it as comfortable and effective from the first latch, as well as how to create a strong support system

Labor & Birth Basics 1: You will learn about the stages of labor, hormones involved in the labor and birth process, and basic birth mechanics.*

** This class is taught in English, Spanish and Somali*

Labor & Birth Basics 2: This class builds on the information presented in Labor & Birth Basics I. We will cover common pain medications and interventions that you may encounter during birth, so that you can make the most informed decisions possible. You will also learn about different comfort measures (positions, massage techniques and tools) to help support you during your birth journey.*

Lamaze Crash Course: This Crash Course is inspired by our comprehensive series and Lamaze's Six Healthy Birth Practices to help families understand how to promote a healthy pregnancy, birth, and early postpartum.

Lamaze Series: is rooted in the best medical evidence available on how to promote a safe and healthy birth. Over four weeks and twelve hours, families will learn what to expect as well as understand their choices during pregnancy and birth.

Mindful Birth integrates elements of traditional yoga and meditation practices, mindfulness-based stress reduction and birth preparation, to help birthing parents cultivate a regular practice, learn practical skills for coping in labor, cultivate a sense of calm, build confidence, and enhance bonding with baby in pregnancy and beyond.

Newborn Basics discusses newborn behaviors to help parents decipher the different cries of their newborn. It also touches on the different cues -- sleep, hunger and fullness.

Planning an Unmedicated Birth: If your goal is to give birth without medication, this is the class for you! We will focus on practical strategies and tools to support your plan to birth with minimal interventions. We recommend taking this class early in your pregnancy, but you are welcome to attend at any point during your pregnancy or even while planning a pregnancy.

Planning Your Best Birth: Not sure where to start when coming up with your birth preferences? Join us as we go over all the different options you have surrounding your birth and creating your personalized birth guide. For first-time and experienced parents

Postpartum Basics: This period is sometimes referred to as "the fourth trimester." It's an important, but sometimes overlooked, period of time in the pregnancy year. Learn about what to expect physically and emotionally, as well as how to best care for yourself during weeks and months following the birth of your baby.

Spinning Babies for Families: The practical information you'll learn in this class can help provide comfort in pregnancy, ease in birth, and confidence in support roles for the partner. Wear comfortable clothes. Printed materials and a PDF ebook are included in the class fee.

VBAC: Are you planning or considering a Vaginal Birth after a previous Cesarean Birth? Come to this class to learn more about the risks and benefits of VBAC, finding a truly supportive provider, and how to best prepare for your birth in a safe, judgement-free space.