

CHILDBIRTH EDUCATION CHANGES – EFFECTIVE March 16, 2020

OBGYN North, and Natural Beginning Birth Center

In light of the current situation related to Covid 19, we are changing the way in which Childbirth Education is delivered. We recommend the following resources in order to obtain education important for you as you prepare for the birth of your child, and for breastfeeding.

Until now we have offered the following in person classes. Next to each of these classes, you will find our recommendation for an online substitution where appropriate. Some of these courses are free, and some have a nominal charge.

IN PERSON

ONLINE SUBSTITUTE

Prepared Childbirth

BabyCenter.com <https://www.babycenter.com/>

Labor Skills

In person classes are still being offered at this time.

VBAC Class

In person classes are still being offered at this time.

Breastfeeding Class

<https://www.medelabreastfeedingus.com/breastfeeding-university>

You may also research <https://storkatx.com/> for further information on courses available in Austin.

**Newborn Preparation and
Infant CPR**

For CPR, American Red Cross <https://www.redcross.org/take-a-class/classes/child-and-baby-first-aid%2Fcpr%2Faed-online/a6R0V0000015FV5.html>

For Newborn preparation, you will find information on BabyCenter.com <https://www.babycenter.com/>

**Getting Ready (for our Birth Center
Clients)**

We will be publishing materials on our website as soon as possible –
Until then we will call you via telephone and mail a packet to you.

New OB Class

We are working on putting this class into a Video format to be placed on our website. Until this is ready, you will be contacted via phone with information important for you to know.

As more information becomes available, we will update the above information. During your prenatal visit, please update your provider on education you have attended so that we can document your medical chart accordingly.

Thank you for your patience and understanding as we navigate through these changes.