

Virtual Childbirth Education Classes



At BIDMC, we encourage parents to learn about pregnancy, childbirth and parenting by offering live classes as well as online learning modules that can be taken at your own pace. These virtual resources are designed to help you gain the essential knowledge necessary to support both you and your family as you go through these changes. These classes are open to all expectant parents, grandparents and family members, who want to learn more... even if not delivering here at BIDMC.

We are currently offering the following virtual resources:

- Birthing Class - live classes and online learning modules (available in English and Spanish)
- Newborn Class - live classes and online learning modules (available in English and Spanish)
- Infant and Child Safety learning module
- Breastfeeding Class - live classes and online learning modules
- Prenatal Restorative Yoga Classes
- Weekly Pregnancy and Parenting Email Support
- Hotline Q&A Opportunities

We recommend taking classes between the 28th and 34th weeks of pregnancy. Support persons are encouraged to participate.



Please go to our website at bidmc.org/childbirth to find out more information about our classes and to register online. If you have any questions about our classes or registration, please email the Childbirth Education Department at childbirtheeducation@bidmc.harvard.edu.