

Childbirth Classes



Childbirth preparation class allows you and your birthing partner to meet in a small group with SAMMC staff and other expecting families. This 2 1/2 hour class is designed to help you prepare for the delivery of your baby and become familiar with the Birthing Center.

Topics Include:

- Signs of labor
- What to expect in labor
- Comfort measures for labor, to include pain management
- What to bring to the hospital
- Tour of Labor and Delivery, and the Mother-Baby Unit

Please Call 210-916-7002 for class dates and availability

