

Expectant Parents' Classes

UAB St. Vincent's offers a variety of *in-person* and *online* classes to help prepare expecting parents and family members for a baby.

Registration is easy! Scan the QR code or call us at 205-212-MOMS.

We look forward to supporting you on this incredible journey of motherhood!



In person and live, virtual classes

Babies Do Come with Instructions - Newborn Care Class

This hands-on, in-person class covers everything you need to know about caring for your newborn. From swaddling to comforting a crying baby, this class will empower you to thrive.



Your Best Birth

Your all-in-one childbirth class! This virtual, three-part series explores the full experience of labor, birth, and life with a newborn. Topics include when to go to the hospital, comfort techniques for labor, medical interventions, partner support tips, and more.



Breastfeeding I

An in-person introduction to breastfeeding, focusing on proper latching and positioning for a successful start. Learn about the many benefits for both mom and baby. A support person is strongly encouraged to attend.



Spinning Babies Parent Class

Find comfort during pregnancy and prepare for an easier birth in this three-hour, in-person class. You and your partner will learn techniques to help "make room for baby" and support your body before and during labor. Recommended for those at least 24 weeks pregnant.



Daddy 101 - From Rookie to All Star

Learn the ropes of fatherhood with other dads-to-be in a fun and supportive environment! We teach dads baby care essentials, infant behavior, safety tips, and how to support during labor, delivery, and breastfeeding.



Infant and Child Safety

In this live, virtual class, learn the best up-to-date guidelines on being prepared and keeping your little one safe in and around your home - From sleep guidelines to lifesaving skills.



UAB St. Vincent's Birmingham

UAB MEDICINE.

Expectant Parents Classes

Online Classes

Understanding Infant and Child Safety

This comprehensive class spans birth to five years and includes information on childproofing products, car safety, emergency preparedness, home safety, and common poisons.



Understanding Pregnancy

Learn all about your pregnancy: your baby's development, helpful tips for a healthy pregnancy, and tips for partners.



Understanding Birth

Consider this your go-to guide for all the essential information on labor. We will also highlight ways that partners can help throughout the process.



Understanding Your Newborn

This interactive online class covers bathing, comfort techniques, feeding, diapering, newborn behaviors, and health and safety information.



Understanding Breastfeeding

We will focus on the essentials of breastfeeding, when to feed your baby, breast care, and the breastfeeding lifestyle.



Understanding Mother-Baby Care

Covering the first few weeks of the postpartum period, this program includes helpful information on continued health of mom and baby as they make the transition from hospital to home.



Understanding Cesarean Birth

Learn essential information about preparing for, undergoing, and recovering from Cesarean section (C-section) surgery. We highlight ways partners can help throughout the process.



Understanding Fatherhood

Fathers-to-be will learn about baby care, infant behavior, signs of illness, and safety. We also cover fears about labor and delivery, the dad's role in breastfeeding, and childproofing techniques.



Understanding Multiples

We'll discuss everything you need to know about your unique pregnancy of multiples, including what to expect from a vaginal or Cesarean birth, breastfeeding more than one baby, and life at home with multiples.



Understanding Natural Childbirth Techniques

For those who want a unmedicated childbirth, this class will help equip your mind, body, and spirit for what's involved. We walk you through the entire process, to help you have the best possible birth.

