

PreggyJoy

Independent Childbirth Classes empowers you with knowledge and skills that prepare you for a joyful pregnancy and a confident birthing experience.

Make a choice!

Increase your chances for a normal, natural and satisfying birth experience.

www.preggyjoy.com



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Check website for driving directions

Benefits of Childbirth Class

- Understand that pregnancy and labor is a normal process
- Learn how you can cope with labor by going along with the flow than fight it
- Learn about options in managing labor and birthing
- To ask questions and clear doubts without any inhibition of being wrong, difficult or silly
- Your partner will learn about childbirth and how to support you during your labor. You may find that attending childbirth classes together will create a special bond.
- You might also find interaction and support from other expectant couples at a childbirth class. They are in better position to understand the ups and downs of pregnancy that you are going through. Who knows you may find friends you may keep long after the birth of your child.
- Empowers you to have control over what is happening, make informed decisions and be prepared with relaxation and labor support techniques during birth.

Effects of taking a childbirth class:

- Possible decrease in length of labor
- Fewer cases of elevated blood pressure
- More involvement by partners
- More positive feelings about birth and giving birth among women attending
- Less pain during labor
- Less frequent use of forceps at delivery
- Greater awareness at birth
- More enjoyment of birth for women who had attended classes than for those who had not

Choosing a childbirth class:

- Educator needs to be trained and certified for childbirth education
- Open discussion about class content
- Class size should be an ideal of 6 - 8 couples
- Independent classes which are not biased by hospital policy or restricted in giving information about the pros and cons of every procedure.
- Independent classes also involves the husband / support partner to a great extent with information and skills on labor support and thereby proving to be a great support for the mother to be and also giving ample opportunity for bonding and intimacy.

PreggyJoy is a childbirth education center, created with a goal of empowering expectant couples with information, knowledge and skills that will enable them to make informed decisions and choose evidence based care principles. We will strive to enhance every pregnancy to be a joyful one and every birthing experience to be a confident, beautiful and memorable event.

PreggyJoy offers the following formats:

Complete Pregnancy and Childbirth series

7 classes, 1.5 hrs per class, Recommended for first time mothers, Classes to be taken from 22 - 24 weeks

Refresher and Sibling series

6 classes, 1.5 hrs per class, Recommended for second pregnancy

Advanced pregnancy series

4 classes, 1.5 hrs per class, If you are already in your 7th or 8th month

PreggyJoy also offers other options like:

One-to-one class :

If you prefer a one-to-one class for privacy or any other specific conditions

Private-at-home class : If you are unable to travel due to medical reasons or privacy reasons

Range of topics covered from pregnancy to newborn care :

- Natural changes happening in the body and how to cope with the challenges that come different stages of pregnancy
- What to expect during labor and how the labor support person can be of tremendous support & motivation to the mother-to be
- Knowing the different positions that can be adopted during labor
- Knowledge of different pain relief methods and the pros and cons of each and how to make decisions
- Different kinds of medical interventions, why some may be needed and some may not and what to do when faced with those
- Communicating with the health care provider and hospital staff
- Breastfeeding - Learning the right way to breast feed and knowing what to expect during the initial few weeks
- Postpartum care - Baby and mother
- Relationship between the couple and the need for constant support for the mother and also time spent together