The birth of your baby is one of the most exciting and joyful times in your life. Our Pregnancy & Childbirth Education Classes are designed with you and your family in mind. Our experienced staff will work with you to help ensure the safest and most satisfying birth experience possible. We’ll explain the facts and options available in maternity care and answer all of your questions.

Due to the current Coronavirus (COVID-19) situation, Oishei Children’s Hospital will be providing online pregnancy & childbirth education classes via Skype video conferencing until further notice.

Our classes include instruction in:

- Baby Basics and Beyond
- Birthing Basics for the Busy Parents (Saturday)
- Breastfeeding
- Prepared Childbirth – 2 weeks
- Grandparents Class

Register online at buffalobaby.org and click on “Maternity Classes.”

More information about Pregnancy and Childbirth Education and other maternity services at Oishei Children’s Hospital is available online.

Class Descriptions

We welcome you to attend classes at any time throughout your pregnancy! *We do recommend some classes for specific trimesters so that the curriculum corresponds with your stage of pregnancy.

**Baby Basics & Beyond**
A review of the latest issues in infant care and development of the child as it grows. Teaching includes newborn appearance and characteristics, basic infant care including feeding, bathing, sleep patterns, safety and much more. This class helps to boost confidence and ease the transition into parenthood. *We suggest taking this class anytime in the third trimester.

**Birthing Basics for the Busy Parents**
A capsulated version of the two-week Prepared Childbirth Class, taught on a Saturday. *We suggest taking this class early in the second trimester.

**Breastfeeding**
Learn about feeding patterns, proper positioning techniques, tips on juggling work and breastfeeding, pumping and storage of breast milk, and more. *We suggest taking this class anytime in the third trimester.

**Prepared Childbirth**
A two-week series covering the basic anatomy and physiology of pregnancy, comfort during pregnancy, labor and delivery, postpartum care, Cesarean delivery, and breathing and relaxation techniques. *We suggest taking this class early in the second trimester.

**Grandparents Class**
This class initiates an attempt to bridge the communication between new parents and grandparents. Our goal is to acquaint grandparents with the evidence based practices in maternity so that they might understand any changes, therefore reducing tension between the generations.