Can't Come to Class?
OUR "UNDERSTANDING BIRTH" eCLASS IS JUST RIGHT FOR YOU!

Our online childbirth class is ideal for those expectant parents who can't attend an on-site childbirth class due to work schedules, time constraints, or medical conditions. The eight-chapter program is an interactive, web-based class that uses videos, personal birth stories, animations, activities, and games to teach all the essential information parents need to know to prepare for their birth. And because we know nothing can take the place of personal attention, once you complete your eClass, you will attend an in-person class which provides time to get questions answered, review, and practice your skills.

Our online childbirth class will help you:
- Understand pregnancy - what's happening to your body, discomforts, warning signs, nutrition, exercise, and more.
- Learn about labor - preparing for birth, pre-labor signs, onset of labor, 3D animation of labor process, and more.
- See how the stages of labor unfold - watch amazing real-life birth stories.
- Discover helpful comfort techniques - breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor and pushing positions, advice for partners and more,

To register, complete and submit the enclosed registration form.

The price includes 90-day access to the eClass plus the follow-up class.

For more information, call (908) 788-MOMS(6667).

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READY TO REGISTER?
Complete the
Class Registration Form

Hunterdon Health

eClass Follow-up Class 2026 Dates

Expectant parents should plan on completing the online program prior to attending this class. Your class date should be scheduled as close to your expected due date as possible

January 23

March 27

May 29

July 17

September 25

December 4

Class times are 6:30 p.m. to 9:00 p.m.

Cost $199.00
(insurance often covers part of the cost!)
Pre-registration is required.

**Please call Parenting and Childbirth Education Services at
(908) 788-MOMS(6667) for formats available and if you have any questions, otherwise please use the enclosed registration form to reserve your place.**

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