The 3 R’s in childbirth preparation: Relaxation, rhythm and ritual
The 3 R’s approach to childbirth preparation involves learning a way to cope with the pain and stress of labor using relaxation, rhythm and rituals.

Aromatherapy for late pregnancy, birth and beyond
Aromatherapy is the science and art in which essential oils can be used for their therapeutic properties to bring comfort, relaxation and an improved sense of well-being. This handout identifies which essential oils calm, balance and rejuvenate the mind, body and spirit.

BREATHE Sheet
Learn how to utilize a prescribed pattern of breathing and other methods of relaxation during birth.

Choosing a doctor for your baby
Before you deliver, you’ll want to decide on a doctor to care for your baby. Learn more about choosing the type of doctor (family medicine practitioner or pediatrician), finding a doctor, and questions to ask the doctor and office staff. Gather as much information as you need in order to make the right selection for your baby.

Induction of labor
Induction is having your labor started before going into natural labor (labor starting on its own). Learn more about medical induction and elective induction of labor.

Labor from start to finish
This handout explains who your labor team members may be and what they can do to help you during the various stages of labor.

In order to reduce our carbon footprint and improve access to information, the Childbirth Education department has made our educational handouts available online at aurora.org/childbirthclasses. Please feel free to print any handouts at your convenience.
A message for the labor support person
Whether you are the father of the baby, a friend, relative or professional, supporting a mother in labor could be one of the most memorable times in your life. This handout shares information about how to be a source of support for a laboring mother.

Newborn Intensive Care Unit
Both Aurora Women’s Pavilion and Aurora Sinai Medical Center have Level 3 NICUs. This handout shares information on how the specialized staff care for babies with special needs and what you need to know about visiting and caring for your baby should they need care in the NICU.

Parenting and family resource list
From our focus on optimal health and well-being to nationally recognized medical specialists, Aurora Women’s Pavilion and Aurora Sinai Medical Center are like no other. We’ve brought together leading experts in a wide variety of medical fields and continue to live up to our reputation of finding better ways to keep you healthy. We offer the latest medical advances and a patient-centered, family-focused environment. The resource list can be found on our web page.

The Roving Body Check
The Roving Body Check is a relaxation technique that combines patterned breathing with touch relaxation and guided imagery. You release tension from one body part at a time.

The take charge routine
This is for the support person. If there comes a time during labor when the mother hits an emotional low, wants to give up, is very tense and cannot relax or is in a great deal of pain, learn ways to help her regain her inner strength. Remain calm, stay close, make eye contact, and encourage her.

What is a “doula”?
A doula is an assistant who provides various forms of nonmedical comfort for a woman in labor, including breathing exercises, relaxation techniques, massage and suggestions for position change. Read this handout to determine if a doula is right for you and how to select one.

What to pack for labor, birth, postpartum and going home from the hospital
See our list of suggested items that may be helpful to bring with you to the hospital. The list includes items for mom and support person’s comfort, coping with labor, postpartum and much more.

Additional resources offered on our website:
• Complete listing of our classes
• Upcoming events/presentations
• Recommended website and reading resources
• Breastfeeding information
• Newborn care
• Safe sleep for baby
• Emotional health (postpartum emotions)
• Pets and babies

Testimonials
“As a first-time parent, I was both excited and nervous to attend Aurora’s Preparing for Labor and Birth class. With so many questions swirling around my head, I did not know what to expect– but I am happy to say all my expectations were met and even exceeded. This is the first of many classes I will attend and I hope the remainder of my classes are as perfect as Preparing for Labor and Birth.”
- Angel and Francisco O.

“The instructor was amazing. We came in blind to the birth process, but Christine made us feel comfortable and informed. Awesome class!”
- Mark and Iliana C.