



Frequently Asked Questions

1 What's the difference between your class and the hospital's?

Hospital classes are usually medical procedure-focused.

My education covers:

- The physiology of labour (what's happening and why)
- Options for comfort, interventions, and positions
- The emotional side of birth — including trauma, fear, and empowerment
- Partner roles, decision-making, and advocacy
- Inclusive language and respect for all birth preferences

Basically: it's birth prep with heart, brains, and zero judgment.

2 Do you offer 1:1 or group classes?

Both!

I offer:

- Private sessions (virtual or in-person) tailored to your needs
- A 7-week online course you can take at your own pace (with interactive tools)
- In-person group sessions coming soon for Calgary-area families!

You choose what works best for your schedule and learning style.

3 Can my partner or support person come?

Yes — and they should!

They'll learn:

- How to support you during each stage of labour
- What to say (and not say!)
- Hands-on comfort techniques
- What to expect, when to help, and when to just hold space

Many partners say this class made them feel way more confident going into the birth room.





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4 What if I already took a class but still feel unprepared?

That's actually really common — and it's okay to need more.

Whether you want a birth refresher, to dive deeper into advocacy, or just ask the “weird” questions that didn't get covered, I'm here.

You don't have to stick with info that didn't work for you.

5 Is your course inclusive of different families, identities, and birth goals?

Yes — 100%.

I support:

- Queer, trans, and non-binary birthing people
- Solo parents by choice
- Neurodiverse clients
- People of all sizes, races, and backgrounds
- Home, hospital, birth center, medicated, unmedicated, VBAC, and belly birth plans

My classes reflect the diversity of real families — and respect everyone's right to informed, respectful care.

6 Is this just going to scare me?

Nope. Birth can be unpredictable — but fear and ignorance aren't protective.

My goal is to help you feel informed, steady, and empowered — so you know what's happening, what your options are, and how to advocate for yourself or your family.

Knowledge is power. And I bring snacks.

7 Is it too late to take a class if I'm already close to my due date?

It's never too late to learn more and feel more prepared.

Even a single session can help you:

- Understand what's happening in your body
- Learn comfort measures
- Practice advocacy tools
- Help your partner/support person feel more confident
- Ease some of the anxiety about “the unknown”

Whether you're 12 weeks or 39, you're welcome here. And if your baby arrives before class starts? I'll still be here for postpartum support.

