

## Childbirth classes: Which one is right for you?

When you are pregnant, especially for the first time, feelings of worry can set in. Many childbirth classes are available to help.

These classes are not mandatory, but are strongly recommended to future moms and dads alike, as they offer significant psychological and practical benefits<sup>1,2</sup>. You will receive valuable information relating to your pregnancy, the physical changes affecting your body, the types of birth that exist, the role of your partner, caring for and feeding your baby, and pre- and post-natal monitoring. In addition, to relieve the minor aches and pains of pregnancy, you can benefit from alternative medicine such as phytotherapy, aromatherapy, homeopathy and acupressure.

Specific sessions are also available for pain management and building self-confidence, including prenatal hypnosis, relaxation and the Bonapace<sup>3</sup> method. Methods focusing on posture and breathing, such as the De Gasquet<sup>4</sup> method, help mothers-to-be gain a better understanding of their body and learn the breathing techniques and positions that are most appropriate to their situation. Most **childbirth classes** are **reimbursed by the French national health insurance (Assurance Maladie)** and each future mother can attend eight reimbursable sessions. Demand is high for these courses, so be sure to ask for information from your hospital physician or the establishment where you plan to give birth well in advance.

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<sup>1</sup> [https://www.has-sante.fr/portail/upload/docs/application/pdf/preparation\\_naissance\\_recos.pdf](https://www.has-sante.fr/portail/upload/docs/application/pdf/preparation_naissance_recos.pdf)

<sup>2</sup> [https://www.has-sante.fr/portail/upload/docs/application/pdf/femmes\\_enceintes\\_recos.pdf](https://www.has-sante.fr/portail/upload/docs/application/pdf/femmes_enceintes_recos.pdf)

<sup>3</sup> <https://www.bonapace.com/fr/>

<sup>4</sup> <http://www.degasquet.com/>