

Spanish Online Childbirth eClasses (FREE!)



Chester County Hospital is pleased to announce a Spanish option for our online version of our popular Childbirth Education classes! The classes provide updated, evidence-based information via narration, engaging videos, 3D animations, learning activities, fun quizzes, helpful web links, downloadable PDFs, and a Parent's Toolbox loaded with interactive tools. The course can be taken from any device connected to the internet and includes 6 month's access to e-class.

- **"Understanding Birth" eClass** takes about 4-6 hours to complete. Topics include: Pregnancy, Labor, Birth Stories, Comfort Techniques, Medical Procedures, Cesarean Birth, Newborn, Postpartum, & Breastfeeding.
- **"Understanding Your Newborn" eClass** takes about 2-3 hours to complete. Topics include: Newborn traits & behaviors, Crying & comforting, Feeding, Diapering, Baby care, Health & safety (including Car Seat & Infant CPR overview).
- **"Understanding Breastfeeding" eClass** takes about 2-3 hours to complete. Topics include: How breastfeeding works, How to breastfeed, When to feed baby, Getting enough milk, Breast care, & Breastfeeding lifestyle.
- **"Understanding Cesarean Birth" eClass** takes about 2-3 hours to complete. Topics include: Cesarean overview, Signs of labor, Preparing for Surgery, Anesthesia, Surgical procedure, Recovery in the hospital, & Recovery at home

Registration is required. To sign up, please call the clinic at 610.431.5155 and ask for Mitzy. Or email: Lisette.Liriano@penmedicine.upenn.edu.