

Lamaze promotes a natural, healthy and safe approach to pregnancy, childbirth, and early parenting. Taught by a Lamaze-certified childbirth educator, our classes are six-weeks long and include an “under-the-cover” hospital class where students get to practice what they’ve learned and get an intimate feel of their birthing surroundings and protocols.

Knowing that pregnancy and childbirth can be demanding on a woman's body and mind, Lamaze serves as a resource for information about what choices are available during the childbearing years. With the assistance of a professional childbirth educator, participants learn about birthing choices and practices that are based on the best, most current medical evidence available. This knowledge can help reduce the use of unnecessary interventions and improve overall outcomes for their babies and themselves. Working closely with their families, health care providers, and Lamaze-certified educators, millions of pregnant women have achieved their desired childbirth outcomes using Lamaze techniques. Our students will find themselves in a safe environment where they can share their feelings, fears, excitement, and desires as they move toward the birth of their children.

Forming the foundation of the organization are the Lamaze Healthy Birth Practices. These evidence-based practices, adapted from the World Health Organization, promote, protect, and support natural, safe, and healthy birth.

Our Lamaze classes consist of six two-hour classes of instruction and our class size is small. They are offered complimentary to patients of the Mt. Vernon Neighborhood Health Centers group and are one of the many benefits of being a patient of the Greenburgh Health Center.

Topics include:

- Normal labor and birth (using videos of real births) and the early postpartum period
- Exercises and appropriate body mechanics to reduce discomforts of pregnancy
- How to be active and informed participants during pregnancy and birth
- Focused breathing techniques for labor
- Other relaxation techniques and natural strategies to help you work with labor pain, such as massage, walking, position changes, and hydrotherapy
- Tips to help your partner encourage and support you during labor
- How to communicate with your healthcare team so your needs and desires are both respected and met
- Complications that could arise during labor and birth, and interventions that might be medically necessary
- Managing pain with medication, such as epidurals and other pharmacological options, including risks and benefits, allowing mothers to make informed decisions
- The value of one-on-one professional support during labor
- Early interaction with your baby as well as infant care

- Postpartum changes in the mother
- Breastfeeding

We also offer breastfeeding classes in the waiting room on Monday mornings where we show videos and learn “everything there is to know” about breastfeeding. Individual help is available, as needed.