
Apple Tree Online Prenatal Classes

At Apple Tree Maternity, our clients have the opportunity to participate in group prenatal classes, beginning approximately halfway through the pregnancy and extending into the newborn period. These prenatal classes run for two hours in the evening and are facilitated by a maternity care provider and a childbirth educator. Due to the COVID-19 pandemic, Apple Tree's prenatal classes are currently being run through an online format, using Zoom.

Why should I participate in group care?

Apple Tree's prenatal classes are educational and interactive, promoting discussion with other couples and facilitating connection. The groups are fun and exciting, creating a dynamic learning environment and enabling time for discussion and questions. In these group sessions, we provide an introduction to some of the excellent community resources available in our area.

Most parents find that they learn as much from other participants in the classes as they do from their care providers. Participants find that coming together creates a strong sense of community and support as they share the experience of pregnancy and parenthood. Participating in group care is an excellent way to meet other families, to feel connected and to build relationships that will be part of your community for years to come.

What will I learn about in these classes?

Apple Tree's prenatal classes follow a curriculum that incorporates topics related to pregnancy, labour, birth, and parenting. Some of the topics discussed are:

- Mental wellness
- Stages of labour
- Comfort during labour
- A virtual tour of the maternity ward
- Breastfeeding
- Newborn care and parenting

How do I sign up for group care?

In your one-on-one prenatal visits, our care providers will discuss the online prenatal classes with you, and they can coordinate with our staff to sign you up. If you are interested in participating in our online group prenatal sessions, we will place you in a cohort along with other parents whose due dates are close to yours.

If you have any questions about the prenatal classes, don't hesitate to ask your Apple Tree care provider.