

Congratulations on your pregnancy!

Childbirth classes are informative and encouraged, especially for first-time parents but also for anyone who would like a refresher on labor, delivery, baby care, or breastfeeding while preparing for your baby. These are generally best to attend during a mother's third trimester at the hospital where you plan to deliver.

Please check the information below on how to find a childbirth class.

Both Baptist Memorial Hospital for Women and Methodist Hospitals offer childbirth classes. Learn more by clicking on the following links:

- [Baptist Memorial Hospital for Women](#)
- [Methodist Hospitals of Memphis](#)