

# Mother Matters Information Sheet

## ***Welcome to Mother Matters' Childbirth Preparation Course.***

I'm sure you will enjoy the course and feel more prepared and confident about your upcoming birth. To make the course run more smoothly please take a moment to read the following information:

Wear clothes that you can comfortably sit on the floor, use a birth ball and try labour positions.

You will have access to a resource table at each class. Feel free to take home anything displayed on the table but make sure to fill in a card first. Anything taken home should be brought back by the next class so someone else can use it too. Any damaged or lost items should be replaced by the person who borrowed.

We take a break half way through the class. I will have a refreshments sign-up sheet for class attendants to bring refreshments. The decision to use the sheet is up to the class attendants' discretion. In the case of a crash course we take a full hour break for lunch. There are many places nearby where participants can go for lunch. You can also bring your own lunch.

If you think you are going to be late more than 5 minutes, please notify the instructor as soon as possible. Although we tend to wait for everybody to arrive, if you are going to be very late we will get started to not delay the class. We have a lot of topics to cover; if we start late we will finish late. If you can't make to a class, please notify the instructor before 5pm.

If you missed a class, this class can be made up privately for an additional \$80 fee. Arrangements should be made with the instructor. All classes are very important and you will be missing valuable information which can compromise how well you are prepared for birth and parenting.

In the case of inclement weather the class will be cancelled and an extra class will be added at the end of the course. The decision to cancel a class will be made by the instructor by 3:00 pm and you will be notified at the "***phone number for cancellation of classes***" as in your registration form. Please check your answer machine and in doubt always call your instructor before leaving home.

***Thank you very much, and enjoy the course!***

**Instructor's name**

**Home number**

**Cell number**