Centering Births Childbirth Education was created with the intention to share accessible childbirth education to underserved populations.

Brief 25-minute sessions on essential topics:
1. Medical Terminology and Stages of Labor
2. Comfort Measures: Moving Beyond Medicine
3. Emotional Readiness

Weekly opportunity to receive education.

Providing community-based resource lists: local lactation consultants, local pelvic floor therapists, and online based support groups.

Childbirth education engagement is overall low but especially for women of color where only 53% Hispanic, 58% Black, and 61% White nulliparous women will take a childbirth education class.

Currently there is only 1 public offering of childbirth education in Greenville, North Carolina and it is via ECU Health Main Hospital at a cost of $75.

Childbirth education can support ACOG recommendations.

ACOG Recommendation: Admission to labor and delivery being delayed in the latent phase. Childbirth Education: Provide comfort measures that can be used in a variety of settings.

The average length of early labor is 6-12 hours for first-time parents (early labor is usually shorter for experienced moms).²

It may even last 24 hours or more, which can be perfectly normal

REFERENCE
https://evidencebasedbirth.com/racial-disparities-child-birth/
https://www.lamaze.org/portals/0/docs/infographics/LI_316350-18_EarlyLabor_Infographic_FINAL.pdf

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