

Q: At what point in pregnancy should the childbirth course/seminar be taken?

Ideally, the course should be started late in pregnancy (about one to three months before the due date; 28th – 32nd week of pregnancy, but sooner is better than later), so the information and training are still fresh in mind when the time comes. If you are at risk for preterm birth, on bedrest, or have any high-risk factors, we recommend that classes should be taken as soon as the 24th week of pregnancy. We recommend that you [enroll](#) early in your pregnancy since many classes fill well in advance.