

Childbirth Preparation Course



Here at Lis Maternity Hospital, we offer a childbirth preparation course in English! The childbirth preparation course is targeted to women and their partners who are at the beginning of their 30th week. We recommend signing up for the course around week 20 in order to ensure a spot, as our courses fill up quickly.

The following are just some of the topics covered in the course:

- Maintaining a balanced lifestyle
- Nutrition
- Signs of labor
- Care in the delivery room
- Coping with and minimizing pain
- Natural childbirth
- Types of birthing interventions
- Homeopathic care and alternative medicine during pregnancy and delivery
- The role of the partner/ other birthing companion in the Labour and Delivery Department
- Your initial bonding experience with your newborn
- Nursing your newborn
- The delivery bed
- Returning home

The course includes instructor-led lectures, video instruction and demonstration, practice sessions, and a tour of the Labour and Delivery Unit. All sessions are conducted in small groups by a certified hospital labor and delivery nurse who works in the department.

Course Registration

Registration and reservations are made over the phone exclusively, with payment.

Discounts

- MammyLis members receive a 10% discount on the Childbirth Preparation Course- the cost of the course with this discount is 441 NIS instead of 490 NIS
- "Clalit Mushlam/Platinum" members are eligible for special discounts- and only pay 200 NIS for the course
- There are no double discounts.

*** If you give birth at Lis Maternity Hospital, you will receive a full refund for the childbirth preparation course.

Cancellations and Make-up Sessions

The courses are available based on a minimum number of participants. MammyLis reserves the right to postpone or cancel a course at any time based on its judgment. Make-up sessions for couples who could not attend a particular lesson are not offered. You can cancel your registration up to 5 business days before the course start date to receive a full refund.

For further information and any questions you may have, don't hesitate to contact us!

We are here for you!

MammyLis Staff