

Lamaze Class 1

Content (Rate from 0 to 10. 0 = Not at all. 10 = Yes, definitely!)	Mother	Partner	Both
1. I know what developments need to happen in late pregnancy to ready mother and baby's bodies for birth. (5% of votes for top priority topic)			
Before coming to class	5.0	2.1	3.5
After coming to class.....	8.75	7.6	8.1
% Change	+75%	+258%	+134%
2. I know what hormones are important for efficient, normal childbirth. (5% of votes for top priority topic)			
Before coming to class	3.6	1.3	2.4
After coming to class.....	9.3	8.4	8.8
% Change	+155%	+533%	+266%
3. I know how to condition my body for childbirth and a healthy postpartum recovery. (56% of votes for top priority topic)			
Before coming to class	6.0	3.6	4.7
After coming to class.....	8.4	8.7	8.5
% Change	+40%	+144%	+81%
4. I know how to use breath work to release physical and mental tension. (34% of votes for top priority topic)			
Before coming to class	5.8	4.7	5.2
After coming to class.....	9.1	8.8	8.9
% Change	+59%	+88%	+73%

Pregnant parent. Not pregnant parent