Online Prenatal Childbirth Preparation Resources

Due to many in-person classes being cancelled during the Coronavirus Pandemic, we have compiled childbirth preparation resources available online.

**Tucson Medical Center:**
- [Virtually Tour the Midwifery Center](#) by watching this video.
- [TMC Childbirth and Parenting Virtual Classes](#) – Live Virtual Classes
- [TMC has a YouTube channel](#) with birth and pregnancy videos

**Other Online Classes:**
- [Recorded Child Birth 101](#) Previously recorded TMC class available on YouTube. This one-day class is uploaded over 5 separate videos.
- [Evidence Based Birth](#) - Childbirth education articles and decision making tools. They are offering a [recorded childbirth preparation class](#).
- [Mama Natural](#) Offers support and holistic information geared towards unmedicated birth; videos, classes, and blog.
- [Mandy Irby, “The Birth Nurse”](#), blog, online classes, and YouTube videos.
- [Khan Academy](#): A trusted online learning resource with a playlist of pregnancy physiology videos

**Breastfeeding:** TMC Lactation Virtual Group
- Milk & Honey – Find groups on Instagram and Facebook
- La Leche League of Tucson group on Facebook

Breastfeeding videos with a helpful visuals [https://globalhealthmedia.org/videos/](https://globalhealthmedia.org/videos/)

**BirthPlans:** Researching all the options in labor to compile a labor plan? Head to [MotherBoardBirth.com](#) or check this [Midwifery guide for creating Birth Plans](#).

**Doulas:** Search for local labor support doulas, or postpartum doulas at [www.DoulaMatch.net](#)

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