

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/>

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

