Midwifery clinics invite you to

Digital birth prophylaxis course

VGR invite you to participate in our Digital birth prophylaxis course.

The course is designed to provide you with the tools and knowledge you need to feel confident and well prepared for the upcoming birth.

Together, we will discuss:

• The hormones that work together during labor and childbirth.
• How to provide effective support during labor.
• Practical tips to make the time before, during, and after birth easier.

The course also includes practical exercises that will be carried out during the session.

We look forward to meeting you and being part of your journey to becoming parents. Sign up and take the first step toward a positive and empowering birth experience!

Requirements for enrolling in the course

You must:

• Have completed the digital parent education program before attending the childbirth preparation course.
• Be registered with a midwifery clinic within Regionhälsan.

• Have reached at least week 30 of your pregnancy at the time of the course.
• Attend together. Your partner, or the support person you wish to have with you during labor, should participate in the course with you.

Before the course starts

Please ensure that you:

• Have access to a computer or tablet with a camera, microphone, and speakers.

• Are seated in a private, quiet room with two comfortable chairs available.

• Keep your phone nearby (set to silent mode with notifications turned off).

• Have refreshments available for the break.

If a course session is cancelled

If a session is cancelled due to illness, it will not automatically be rescheduled.

You will be notified by email if a session is cancelled. Please make sure that the correct email address is included in your registration.

Evaluation after the course

The content of the Birth prophylaxis course is still being evaluated and refined.

Participants are expected to stay after the course to complete an evaluation form. We appreciate your help in improving the course.