



Midwifery clinics invite you to

Birth preparation course (FUR in english)

You and your midwife have agreed that our birth preparation course, based on the "Föda utan rädsla" (Giving Birth Without Fear) method, is well suited to your needs.

This course is intended exclusively for couples where one partner speaks only English. It focuses on practical exercises, including breathing techniques, which you will practice together during the group session.

Participation takes place at one of our midwifery clinics, but the course is also available digitally. If you prefer the digital format, please speak with your midwife to receive the access link.

Before booking, please ensure the following conditions are met:

- You are expecting your first child.
- You are registered with a midwifery clinic within Regionhälsan.
- You may attend the course from week 30 of your pregnancy, but you must have reached at least week 25 before booking.
- Due to limited availability, you may only book one session.
- Your partner or birth companion must attend the group session with you, as the course is based on joint participation.

Registration

You may only book one session, as spots are limited and in high demand.

Please note that only the pregnant person should register — your partner or support person is automatically included in the registration.

Fees

The course is free of charge.

However, if you do not attend and fail to cancel your spot at least 24 hours before the course starts, you will be charged a fee of 100 SEK per person.

If the course session is cancelled

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

You will be notified via email if a session is cancelled. Please make sure that the email address provided during registration is correct.