

FAQ



WHY A CLASS FOR PEOPLE WHO AREN'T PREGNANT?

PARTNERS GET A BAD RAP. THERE'S AN IDEA THAT WHEN YOU'RE IN A RELATIONSHIP WITH SOMEONE GIVING BIRTH, YOU'RE HIDING IN THE CORNER, PASSED OUT ON THE FLOOR, OR VIRTUALLY USELESS. I THINK IT'S ABOUT TIME WE FIGHT THAT. PARTNERS ARE AN EXTREMELY IMPORTANT PART OF THE BIRTH PROCESS, AND WE NEED TO TREAT THEM AS SUCH. I THINK WITH A LITTLE SUPPORT OF THEIR OWN, SUPPORT PARTNERS CAN MAKE A HUGE DIFFERENCE IN THE BIRTH OF THEIR CHILD. PLUS, THERE'S GOOD EVIDENCE THAT GETTING INVOLVED RIGHT FROM THE VERY BEGINNING IS A GREAT WAY TO BOND WITH THE BABY, STRENGTHEN THE RELATIONSHIP WITH THEIR PARTNER, AND IMPROVE EXPERIENCES AND OUTCOMES FOR EVERYONE INVOLVED.

WHY CAN'T MY PREGNANT PARTNER COME?

THIS IS TO HELP YOU BE SUCCESSFUL! THIS CLASS IS TO EMPOWER YOU TO OFFER EFFECTIVE EMOTIONAL AND PHYSICAL SUPPORT TO YOUR PARTNER. IF THEY KNOW EVERYTHING YOU'RE TRYING TO DO, THE INTERACTIONS CAN SEEM FORCED AND ARTIFICIAL. IF THE GOAL IS AUTHENTIC CONNECTIONS AND INTERACTIONS, IT'S BEST IF YOU KEEP THESE TOOLS TO YOURSELF UNTIL THE TIME IS RIGHT ;)

YOU'RE NOT GOING TO MAKE ME DO ANYTHING WEIRD, RIGHT?

NO SHAME. NO NONSENSE. WE MEAN THAT. WE'RE HERE FOR REAL TOOLS AND REAL CONVERSATION THAT EMPOWER YOU AND PREPARE YOU FOR YOUR GREATEST ADVENTURE. THE BIRTH OF YOUR CHILD AND PARENTHOOD.

WHO IS THIS CLASS FOR?

THIS CLASS IS FOR ANYONE SUPPORTING SOMEONE GIVING BIRTH. FOR MOST OF THE POPULATION, THAT'S DADS! WE WELCOME EVERYONE. IS YOUR WIFE PREGNANT? COME JOIN US. YOUR DAUGHTER OR SISTER PREGNANT, AND YOU PLAN ON SUPPORTING THEM AT THE BIRTH? LET'S DO IT. IT TRULY TAKES A VILLAGE TO SUPPORT THE PREGNANT PEOPLE IN OUR LIFE. IF YOU'RE A PART OF THAT VILLAGE, THAN THIS CLASS IS FOR YOU!

HOW LONG DOES THE CLASS TAKE?

THIS CLASS IS ABOUT 4 TO 5 HOURS! WE LIKE TO HANG OUT FOR AN AFTERNOON, ENJOY A BEER OR SOME COFFEE, AND HAVE SOME GREAT CONVERSATIONS! MOST OF THE COURSE IS LECTURE STYLE, WHERE YOU GET TO JUST LISTEN AND SOAK IT ALL IN. BUT THERE'S ALOT OF GREAT COMMUNITY AND CONVERSATION THAT HAPPENS AS WELL.

WHERE DOES THE CLASS MEET?

THE CLASS LOCATION IS A BIT NOMADIC. WE FIND DIFFERENT COFFEE SHOPS, BREWERIES, OR ANY OTHER COOL LOCATIONS IN THE WEST MICHIGAN AREA. THE LOCATIONS WILL BE LISTED FOR EACH INDIVIDUAL CLASS ON THE WEBSITE!

WHERE CAN I LEARN MORE?

ONLINE AT HUMBLEBEGINNINGSGR.COM/ATRBIRTHCLASS OR ON SOCIAL MEDIA! FB AND IG @ATRBIRTHCLASS