

Frequently Asked Questions

Childbirth Education

1. Are these courses covered by my insurance?

Reimbursement for childbirth classes varies, depending on your insurance company and if you have taken out supplementary insurance. If you only have basic insurance, you are unlikely to receive compensation, but please check this yourself.

Specifically for the weekly course is it important to have a signed receipt. Please bring a copy of the receipt mailed to you to a class so the trainer can sign it for you.

2. Are Childbirth Preparation Courses presented online or face-to-face?

All our Childbirth Classes are presented face-to-face.

3. Are all courses in English and with a partner?

Yes, all classes are in English and are designed to be offered to 'couples' given the exercises practiced. If you are a single mother then you are also welcome to attend the class with a doula or your friend or a family member – whoever is going to accompany you at birth. Please do let us know ahead of time.

4. What is the best time to start a Childbirth Preparation course?

The best time to start the weekly course is when you are around 26 weeks pregnant. Please be advised that these courses are focused on how and where to give birth, how your partner can support you, breathing and massage techniques and the stages of labour, the last lesson is a few weeks before you expect your baby to be born.

The best time to do the one-day course is around 30 weeks of pregnancy so the course is a few weeks before you expect your baby to be born.

Please don't wait too long to register, as we can only accommodate six to seven couples in the classroom.

5. What is the difference between a weekly course and the One Day/Weekend course?

A weekly course takes four or five consecutive evenings on a week-day; the One Day/Weekend course takes place either over one OR two half-days in one weekend. The content, however, is the same. We explain how the Dutch healthcare system works. We practise various breathing exercises in the different stages of labour and cover a number of back massage and relaxing techniques. We outline pain-relief options. We try out birthing positions that may be useful during labour.

Before, during and after the weekly course there is more time to interact with other couples, and you have five weeks to digest all the information. In the One Day/Weekend course this is all more compressed of course.

6. Do you cover breathing exercises in your Childbirth Preparation Course?

Yes, various breathing and massage exercises in different stages of labour is covered in all classes.

7. Do you cover pain-relief options in your Childbirth Preparation Course?

Yes, we cover this topic in all classes. Pain-relief options with your midwife and how your partner can support you, but also medicinal pain relief options in hospital.

8. Do you cover breastfeeding information in your Childbirth Preparation Course?

Very limited. ACCESS Trainers can of course recommend further support for this.

9. Do we receive a handout of the material covered in class?

Each course comes with material which is shared in different manners. Digital information with important links, slides and pdfs can be shared.

10. What if we have to miss one lesson (at the weekly course)?

We offer many courses so there may be a chance to attend the missed lesson in another course. Different trainers have slightly different processes, you are encouraged to contact your trainer when you cannot attend.



11. Can I follow the Childbirth Preparation classes on my own?

In principle that is always an option, but please be informed courses are developed for couples. So if your partner is unavailable, it is recommended you bring a friend or your doula to the course to practise the massage exercises with you. If you will be attending alone, please let the ACCESS coordinator know ahead of time.

12. How do I know if there are still spots available on a course?

Once you have registered, if it is full, ACCESS will contact you. Otherwise, once payment has been made, ACCESS would let you know and either see if there is alternative option, or proceed to request a payment return to you.

13. Is it possible to switch to another date or course once I have booked?

Yes, that is possible. Please mail ACCESS ([ceb\[at\]access-nl.org](mailto:ceb[at]access-nl.org)) and options will be discussed.

14. Do I get my money back if I pull out after registering?

Reimbursements are considered as per the following:

For cancelations made >14 days prior to the start of the course 80% will be reimbursed

For cancelations made < 14 days 50% will be reimbursed to the client

If you cancel your participation in a course less than 24 hours before the course takes place because you are not feeling well; we can discuss your participation in another course.

If you cancel your participation in a course less than 24 hours before the course takes place, there is no refund of the course fee, unless you can provide a card announcing the birth of your baby on the date of the course or the day after. In that case, we can offer you a full refund minus €25 administration costs.

