

UCLA BirthPlace classes and tours

Educational programs

The months, weeks and days preceding your baby's birth will be an exciting, joyful time filled with many physical and emotional changes. This is a natural time for you to learn more about pregnancy, childbirth and parenting.

The UCLA BirthPlace offers educational programs to help improve your birthing experience and ease your transition to parenthood. Our program includes a variety of prenatal and postpartum classes for you, your partner or support person.

To view descriptions and schedules of current classes, please visit birthplace.uclahealth.org.

Tours

The UCLA BirthPlace tour guides you and your partner from admission to discharge and includes a tour of our maternity facilities. You will also learn about our educational classes, delivery options, special services and family participation.

Sign up early

Register for a free walking tour of the UCLA BirthPlace in Westwood or Santa Monica for an overview of our services and accommodations. The tours are between 60 and 75 minutes long and are also available in Spanish at our Westwood location. Children under 16 years of age are not allowed on the tour.

For a tour of the UCLA BirthPlace in Westwood, register online or call 310-267-7510.

For a tour of the UCLA BirthPlace in Santa Monica, register online or call 424-259-8250.

For more information, visit birthplace.uclahealth.org.

