



Each class we will practice relaxation techniques and situational relaxation will be discussed in many classes. Each week you will have various homework activities to complete for the following week. They may include questions and answers, readings, labor practice, relaxation, nutrition, exercise, and research discussion topics. As a student, you will also have access to my lending library of various parenting, labor, and pregnancy books.

I offer Monday and Tuesday classes. Each series last 12 weeks or about 30 hours of instruction. You will receive the student workbook, class files data stick, and 2 supplemental books. The class fee is \$285. A non-refundable deposit of \$75 secures your spot in the class. To reserve your spot and receive your reservation packet, call me.

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Class 1. Exercise and Nutrition in Pregnancy

- *how to stay healthy and low risk
- *learn pregnancy exercises
- *discuss natural pain management
- *good nutrition
- *knowing your options

Class 2. The Process of Birth

- *how your body changes through pregnancy
- *anatomy and physiology
- *pregnancy discomforts
- *Sex during pregnancy
- *Your Labor Survival Bag
- *discussion on choices for your labor & birth

Class 3. Gestation and Position of Baby

- *Your baby during gestation
- *Birth Affirmations
- *internal rotation
- *optimal fetal positioning
- *informed consent and testing
- *beginning rebozo techniques
- *discussion low risk & drugs
- *begin building a birth plan

Class 4. First stage labor

- *anatomy and physiology of first stage
- *timing contractions
- *comfort measures
- *using a birth ball in labor
- *standard hospital procedures and admitting
- *emotional sides of labor and delivery
- *vaginal exams-What do they measure?
- *External and Internal fetal monitors
- *begin building a birth plan

Class 5. Transition

- *IV's why and how and alternatives
- *how the natural process works
- *supporting mom
- *Amniotomy
- *hormones in labor
- *advanced rebozo techniques
- *Moving to the hospital from home

Class 6. 2nd stage and induction

- *Induction, Epidural, and pain meds.
- *How to Push
- *On the road delivery
- *Using Rebozo in 2nd Stage
- *episiotomy
- *Breastfeeding & early bonding

Class 7. Breastfeeding and 3rd Stage

- *Proper latch
- *common concerns with breastfeeding
- *look of a newborn
- *postpartum care & PPMD
- *to clamp or not to clamp?

Class 8. Gentle Cesarean

- *Gentle Cesarean
- *newborn procedures
- *PPTSD
- *Building your birth plan part 2
- *vaccines
- *circumcision

Class 9. Review & Parenting Choices

- *Gentle Parenting
- *packing for birth place-review
- *human milk vs. artificial baby milk
- *PPOCD

Class 10. Review and Breastfeeding Myths

- *labor review
- *Q and A reviews
- *breastfeeding myths
- *What would you do?
- *Relating pain
- *Building Birth Plan Part 3

Class 11 & 12. Whole House Labor review & building a family

- *Baby gear and choosing your pediatrician
- *Whole House Labor Review
- *Empathy in Labor & PPMD