

### **Natural Childbirth “Biblical based” Education:**

Includes a work book (8 week course and there is a \$100.00 up charge for all privately taught biblical based classes.)

Classes are taught in (in 8 weeks sessions). These classes will help prepare my client, their partner/supporter for a birth without the use of medication and are for those planning a hospital, birthing center *or* homebirth. (My classes are open to the public) Classes are given in my home or an online group setting. Classes are held on Saturday from 8-10 for 8 weeks. Class size will be limited to five couples.

- Unit 1: Stewardship
- Unit 2: Labor Comfort
- Unit 3: Greeting Baby
- Unit 4: Choosing with Love
- Unit 5: Labor Challenges
- Unit 6: Birth Planning
- Unit 7: Self Control
- Unit 8: Parenting a Newborn