

Great info for first  
time parents or a  
wonderful refresher  
for those who have  
had many.



There's something  
for everyone

## **Natural Childbirth Education**

These classes will help prepare anyone who is interested in Natural Childbirth Edu. They are intended for those who would like a vaginal birth without the use of medication, and are for those planning a birth at the hospital, birthing center or home. (My classes are open to the public)

### **Some topics covered in these classes are:**

- Stages of pregnancy and birth
- Nutrition in pregnancy and beyond
- Relaxation techniques
- Labor positions and comfort measures
- How dad/supporter can help
- How to plan for a healthy postpartum period
- Writing a birth plan
- Writing a baby plan
- Preparing for a home or hospital stay
- What to expect after the baby is born
- Newborn care

### **Location:**

I teach combined classes with other expectant couples, In Grand Junction, in my home in Montrose.

Private Classes are taught in my home, your home (If in Montrose)  
(There is a \$50.00 up charge for privately taught Natural Childbirth classes)

### **Dates and Times:**

All classes are held on a scheduled Saturday's as a 1 day class or privately

Classes are held Saturday's 8AM-5:30PM

**Class Sizes:**

Class size will be limited to 5-6 couples, so register early.

\*Classes are first come first serve and fill up rather quickly. With that said; filling out this form does not guarantee a place in a class, I will contact you to make payment arrangements at that time.

**Breaks and lunch:**

There will be 3-4 breaks and a 45 minute lunch break.

If in Grand Junction I will not provide lunch; you are welcome to bring your own sack lunch or go out for lunch, there are restaurants close by.

\*If class is held at my home, lunch will be served and there is a \$10.00 per couple upgrade

**Materials needed:** (not required but helpful)

Please bring a sleeping bag/mat/or work out pad for floor work

A pillow or two

A workout ball or peanut (optional)

A Rebozo (optional)

Notepad and pen

**What's included?**

Handouts

If we are meeting in person snacks will be provided

**Cost:**

\$250.00

There is a \$50.00 up charge for all privately taught Natural Childbirth classes.

\*If class is held at my home, lunch will be served and there is a \$10.00 per couple upgrade

**Payment options:**

1: All classes must be paid for prior to the start date.

2: I accept Cash, Check, Money orders Please make all checks payable to: Vonda Kunz \$35.00 fee will be assessed for all returned checks.

3: I accept most credit cards and or payments through Zelle, Venmo or paypal (as a friend)

I look forward to meeting you in person =)

4: to register, Please email me: [Vonda@MeagerBeginnings.website](mailto:Vonda@MeagerBeginnings.website) me the following information

Name/s

Physical Address (to send you your book)

Phone

Any questions

