

Natural Childbirth Education:

Classes are taught in one day (7-8 hour class). 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, in GJ or online in a group setting. Classes are held on Saturday from 8:00-4:00. Class size will be limited to five couples. These classes are focused on natural childbirth (laboring and birthing without medication).

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

*These classes are combined classes with other expectant couples.
I can teach these privately in your home or mine (There is a \$50.00 up charge for privately taught Natural Childbirth classes)