

Birth Works Class Outline

This outline may change, depending on participants' needs.

Feelings and Philosophies – Examination of our feelings, fears, and expectations of childbirth. "Feelings are not wrong or right, they just are." We will also explore the Birth Works philosophies and examine cultural and personal philosophies.

Nutrition, Exercise and Breath work – Since nutrition is an important component of a healthy pregnancy and birth, we will discuss common sense nutrition and some possible ways to make diet changes. As exercise and nutrition go hand in hand, we will discuss exercise do's and don'ts, Kegal exercises, Methods to ease pregnancy discomforts. We will also learn about relaxation through deep breathing and experience directed breathing.

Pelvic Bodywork – Learn how your body works during pregnancy, labor, and birth. Become familiar with your own pelvis (don't worry, clothes on!) and learn how the pelvic bones move during labor. We will also discuss how they relate to optimal fetal positioning and to positions in labor. Learn about the natural balance of labor and natural, as well as medical, ways to ease it.
(Wear comfortable clothes. Dresses are not recommended for this class)

Medical Procedures: Risks, Benefits and Alternatives - Becoming educated helps you make informed decisions about your care. Learn the pros and cons of medical tests and procedures, and their alternatives. We will also discuss the true meaning of Informed Consent and indications for a cesarean birth.

Choices in Birth – No matter where you are in this pregnancy, it's never too late (or too soon) to learn about the options available to you in **where** to give birth and **who** should be your birth attendant. We will explore how beliefs may influence the birth experience. In this class we also explore strategies for dealing with unexpected outcomes. Although loss is normally associated with death, there are many forms of loss associated with pregnancy and birth. Grieving is a key ingredient to positive birthing. Learn about the process of **healthy grieving** which brings healing and strength.

** In this class, we will discuss and begin to create birth plans**

Labor and Birth – Learn about the physiology of labor, optimal fetal positioning, and comfort measures for labor. In this class we

incorporate all that we've learned to provide couples with the tools and techniques to have a confident and joyful birth experience we will explore light touch massage for relaxation as well as techniques for the birth partner to alleviate discomfort.

***After the Baby Comes** – In this class we discuss Physical and emotional changes, Transition and adjustment in the household, Postpartum emotions, Support Systems and coping strategies, Meeting your baby's physical and emotional need, Getting in touch with your parenting instincts, and Breastfeeding.*