

Fit into Parenthood 

CHILDBIRTH AND NEWBORN CARE EDUCATION

Birth: The Process, The Pain &
The Positions

3 hours \$100 per couple

The How, When & Why

9 hours \$110 per couple
(minimum 3 families)

Newborn Care

4 hours \$100 per couple

BIRTH:

THE PROCESS, THE PAIN, THE POSITIONS

3 hour individual or group instruction

- Birth Partner Communication
- Hopes, Wishes & a Written Plan
 - Squeeze, Squat, Squirm
 - Fetal Position
 - The Labor Process
- Non-medical Pain Relief & Comfort Measures
 - Medical Pain Relief
- Positions for Labor and Birth



HOW, WHEN & WHY

9 hour group instruction

- Birth Partner Communication Tool
- Hopes, Wishes & A Written Plan
 - The Birth Bag
 - Pregnancy Complaints
 - Nutrition & Weight Gain
 - Common Prenatal Testing
 - Anatomy
 - Squeeze, Squat, Squirm
 - Fetal Position
 - The Labor Process
 - The Three Stages of Labor
 - TOLAC
 - VBAC
 - Non-medical Pain Relief & Comfort Measures
 - Medical Pain Relief
 - Positions for Labor and Birth
 - Interventions
 - The Welcoming Hour



NEWBORN CARE

3-4 hour individual or group instruction

- Parenting Philosophies
- Bringing Your Baby Home
- How Birth Shapes Postpartum
 - Cesarean Birth Recovery
 - Options for Infant Feeding
- Your Baby's Health and Wellness
 - Newborn Safety
 - Newborn Care & Swaddling
 - Speaking Your Baby's Language

