

Better Beginnings Birth Services

Erika Laquer, Doula and Childbirth Educator

Module Outline for Childbirth Education Series

1. Building Your Toolkit for Pregnancy and Labor

- Learn techniques to help you cope with pain in labor
- Use the power of your mind to release tension and open your body to birth
- Be able to tell the difference between accurate information and unhelpful media influences so that you can have the freedom to make the best decisions for you and your baby
- Explore the various options for birth so that you know all of the possibilities that are available to you

2. Caring for Yourself & Your Baby in Pregnancy

- Ensure that you're feeding yourself and your baby well while you're pregnant
- Develop a plan for physical movement (one that fits into your busy schedule!) to prepare your body for the hard work of labor
- Understand the complex journey your baby takes during birth
- Learn how to move your body to ensure the optimal positioning of your baby in birth
- Learn how to sleep well and be comfortable until the end of your pregnancy

3. Pain-Coping Techniques for a Typical Birth

- Have a wide range of tools and techniques at your disposal so that you can continue to cope with pain throughout the various stages of labor

- Learn positions to feel more comfortable in labor and help your baby birth
- Build your support team and consciously choose who you want at your birth: get a doula!
- Practice techniques with your partner so that you are both confident in your ability to support you

4. Interventions and Complications

- Learn how to ask questions and gather information to make an informed decision about any procedure recommended to you- before, during, or after birth
- Know how to cope with any unexpected situation, including a cesarean birth
- Understand typical hospital protocols so that you're familiar with how the hospital environment works

5. You and Your Baby After Birth

- Do what you can to connect with your baby and start the breastfeeding relationship in the hours after birth
- Understand the medical procedures for newborns
- Learn different approaches to newborn care, including sleep and eating issues
- Identify key people to support you and your family after your baby is born
- Learn resources to care for yourself and the baby

Costs

- TWO 6-hour classes on 2 days on the weekend (12 hours), perfect for working people \$175 per couple
- ONE 6-hour class (6 hours) Express Package on a weekend, perfect for couples who travel, \$150 per couple (7 hr with lunch)
- Individual arrangements