

# **Better Beginnings Birth Services**

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## **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