

Birthing Basics, LLC

"Mother-Friendly" Childbirth and Newborn Care Classes \$100 – 5 ½ hours

**** \$130.00 starting 1 October 2013, 6 hours ****

"Mother-Friendly" Childbirth for MULTIPLES and Newborn Care Classes \$130 – 6 hours

**** \$150.00 starting 1 October 2013, 6 ½ hours ****

- ✚ Pain in Childbirth/Relaxation and its importance
- ✚ Signs and Symptoms of Labor/When do I call the Doctor?
- ✚ Anatomy and Physiology
- ✚ What is Labor? What's a mother-to-be to do?
- ✚ Needs and Support Measures: What's a coach to do?
- ✚ Breathing Techniques that Work
- ✚ Labor Positions and Movement
- ✚ Comfort Measures and Practice: Counter pressure, Acupressure, and Massage Techniques, Hydrotherapy, Heat/Cold, Music and Aromatherapy
- ✚ Interventions in Labor-What happens when the unusual occurs?
- ✚ Analgesia/ Anesthesia
- ✚ The Vaginal birth: What is "Mother-Friendly"?, The Assisted Vaginal Birth Vacuum/ Forceps
- ✚ Cesarean Section
- ✚ Newborn Care
- ✚ DVD, Free Workbook and Handouts
- ✚ MULTIPLES class : Includes-"It's a Jungle"- Special Concerns for Moms with Multiples
- ✚ Q & A

Comfort Measures/Refresher Classes \$65 – 2 ½ hours

**** \$75.00 starting 1 October 2013 ****

- ✚ Breathing Techniques that Work
- ✚ Labor Positions, Movement, Birthing Ball How To's
- ✚ Comfort Measures: Counter pressure, Acupressure, and Massage Techniques
- ✚ Hydrotherapy, Aromatherapy, Music and Mood
- ✚ DVD and Handouts
- ✚ Q & A

Specializing in High-Risk Pregnancies

All classes are taught by Lisa-Marie Cook, RNC-OB (Advanced Certification in Inpatient Obstetrics), ICEA Certified Childbirth Educator, CIMS Certified Mother Friendly Nurse, and Prepared Childbirth Education Certified Doula, with over 24 years of Childbirth Experience.

www.BirthingBasics.net

www.facebook.com/BirthingBasics

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→→ Contact us for instructions on registration, class schedule and payment

Cost: includes class and registration

Private specialized classes for High-Risk Pregnancies also available! See website for details.