

Birthing Basics, LLC

"Mother-Friendly" Childbirth and Newborn Care Classes – 6 ½ hours

"Mother-Friendly" Childbirth for MULTIPLES, High Risk, and Newborn Care Classes – 6 ½ hours

- + Covid-19 and your delivery
- + How to Best Prepare for Birth: Research and Evidence Based Information
- + Signs and Symptoms of Labor/When do I call the Doctor and go to the Hospital?
- + Anatomy and Physiology of Labor and Birth
- + What are the Stages and Phases of Labor? Expectations through each stage
- + Needs and Support Measures: What's a coach to do? Have the Tools to Help her Through
- + Breathing Techniques that Work
- + Labor Positions and Movement to Facilitate Labor Progress+ Use of the Birthing Ball
- + Comfort Measures and Practice: Counter pressure, Acupressure, and Massage Techniques, Hydrotherapy, Heat/Cold, Music and Aromatherapy
- + Interventions in Labor-What happens when there are Concerns? Understanding Technology
- + Analgesia/ Anesthesia- Learning About ALL the Pharmacological Options
- + The Vaginal Birth and the Assisted Vaginal Birth: Vacuum/ Forceps/ Episiotomy
- + Cesarean Section: Why Operative Births are Necessary and What to Expect During and After Surgery
- + NEWBORN CARE- The Newest Research for Newborn Care and Everything You Need to Learn to Take Care of Your Newborn and Hands-On Practice for Sponge Bath, Diaper & Clothing Changes
- + Free Workbook and Handouts
- + 60 Minute Live Q&A via Zoom
- + MULTIPLES and HIGH RISK add-on Includes Special Concerns for High-Risk Moms and Moms with Multiples
 - o Additional 60 Minute Live Q&A discussing High-Risk Factors

Comfort Measures/Refresher Classes – 2 ½ hours

- + INTENSIVE Class for Women Desiring Natural Childbirth the Stuff that Really Works
- + Breathing Techniques
- + Labor Positions, Movement, Birthing Ball How-To's
- + Comfort Measures: Counter pressure, Acupressure, and Massage Techniques, Rebozo
- + Hydrotherapy, Aromatherapy, Music and Mood
- + Handouts
- + 60 Minutes Live Q&A via Zoom

Specializing in High-Risk Pregnancies

All classes are taught by **Lisa-Marie Cook, RNC-OB** (Advanced Certification in Inpatient Obstetrics), **C-EFM** (Advanced Certification in Electronic Fetal Monitoring), **ICCE- ICEA** Certified Childbirth Educator, **AWHONN** Certified Fetal Monitoring Instructor, **CIMS** Certified Mother Friendly Nurse and Prepared Childbirth Education Certified Doula with over 34 years of Childbirth Experience.



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

(Cost is often covered by your FSA, check for reimbursement through your insurance company!) Cost: includes class, registration, and written class materials