

Childbirth Preparation Classes *for the body, mind and spirit*



For the expectant mother, being prepared to give birth means feeling *confident* and *inspired*. To us this means having a good understanding of:

- your body and the birth process
- the choices and the challenges you will meet
- your personal strength
- trust and how to generate it in yourself, your support people and the birth process.

For the father/partner it means understanding:

- and feeling confident in the birth process
- how you can support your partner
- how you might feel and your needs

Our aim is to have you complete the classes feeling truly prepared. Teaming the knowledge you need with the wisdom your body already knows.

6 Sessions plus reunion
Monday evenings 6.30pm - 9.00pm
766 Riversdale Road, Camberwell

\$350 per couple, \$300 per single
\$150 students, \$50 extra support person
Concessions available

Enquires: contact Anna - 0408 954 120
anna@womenofspirit.asn.au

For more information go to www.womenofspirit.asn.au

Topics

For the body

- What's happening to you and your body in the lead up to giving birth
- How to know when you are in labour
- When to go to hospital, how to labour at home
- How the body functions to help give birth
- How the hormone system works during birth
- How your baby takes part in the birth process
- Support during labour - the father's role, the doula, midwife and obstetrician roles
- Active Birth - allowing your instincts to guide you
- Pain relief - all of your options, natural and medical
- Post natal support, breastfeeding support

For the mind

- Birth Options: medical/natural, Obstetrician/ Midwife/Doula what is your ideal mix?
- All the alternatives and options available so you can make appropriate choices for you and your baby (including water birth and lotus birth)
- Communicating and working with your care providers
- Understanding hospital policies and your choices and rights within the hospital system.
- Possible obstacles and how to overcome them

For the spirit

- How your emotions effect the process of birth
- Having a strong sense of birth as a rite of passage
- Feeling a connection to the miracle of birth
- Feeling connected to your baby
- Exploring your needs
- Exploring your fears
- Post Natal Depression – how to reduce the risks
- Confidence, trust and relaxation - the vital ingredients

Classes are conducted using; classroom style teaching, active participation, the latest DVD's and relaxation techniques.

You will be provided with comprehensive notes, reference material and a light supper.

Educators

Anna Urbanski



"When I was facing giving birth for the first time, it felt like I was facing a black abyss, I couldn't imagine any part of it, giving birth or who I would be after I had given birth.

I had an amazing experience birthing my twin boys and immediately afterwards felt a rightness with the world. I feel so grateful that during the birth of my babies, I found my authority, I knew what I needed and what I didn't need, I stood up for myself when I needed to, I went past the point of impossibility, and through the pain and I did it! I was awed.

Afterwards, I felt like I had finally become a woman at 34 years old. To me this is the rite of passage of birth. Since then my passion for birth has led me to become a doula and childbirth educator, I feel so blessed to have the most amazing job imaginable.

My vision and dream for these birth classes is to help ignite the knowing, the passion, the power and the courage that giving birth can awaken in women."

Jotara Worland



"Who you are, your life experiences and the conclusions you have come to about yourself and the world influence how you birth. So will the preparation you do.

When curious and willing to explore, you will find a response you can trust within yourself. Hormones profoundly affect your whole being during pregnancy and birth, as does the presence of your child. This potent state of being brings the grace of profound inner teaching, uniquely designed for your own mothering journey.

My passionate belief is that you deserve the very best support, care and information as you explore. As a midwife and educator I want to share my experiences of attending birth in all settings so that you may be better informed."

What people say about the classes.

"The Classes were fantastic, very informative and so very considerate of each individual's circumstances. I believe this class was absolutely essential for our lives and has provided a brighter future for our child. I particularly enjoyed the support and confidence given as well as the relaxed educational atmosphere.

Thank you so much my partner our child and I are so blessed and grateful of your class." Leo, Father of 1.

"I came away from the classes with confidence, they have allowed me to be far more centred and focussed in my body mind and spirit". Franca, mum to be.