

Birthing Basics, LLC

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

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

- ✚ 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
- ✚ DVD, Free Workbook and Handouts
- ✚ MULTIPLES and HIGH RISK class-Includes Special Concerns for High Risk Moms and Moms with Multiples

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
- ✚ 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), C-EFM (Advanced Certification in Electronic Fetal Monitoring), ICEA Certified Childbirth Educator, AWHONN Certified Fetal Monitoring Instructor, CIMS Certified Mother Friendly Nurse, and Prepared Childbirth Education Certified Doula with over 30 years of Childbirth Experience.

*Birthing
Basics*



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→→ Contact us for instructions on registration, class schedule and payment
Cost: includes class, registration, snacks and materials