

## **Lamaze Childbirth Preparation**

Birth is a rite of passage, not a medical event, even when medical support is part of the birth experience. Birthing in awareness allows you to navigate the “medical maze” as active participants making it *your* birth experience verses something that happens to you.

### **You will receive:**

- sixteen and one half hours of certified *Lamaze* childbirth preparation
- a copy of Debby Amis’ and Jeanne Green’s *Prepared Childbirth: The Family Way* (2010)
- nutritious snacks at each class
- access to Karen’s birth library (Books, DVDs and CDs)<sup>1</sup>

### **Through discussion and practice you will learn:**

- about physiological birth
- how to work with the body to facilitate normal birth
- relaxation skills including working with the breath
- your birth options
- non-pharmaceutical pain-coping techniques
- how to make informed decisions about pharmaceutical pain relief and medical support
- communication skills to enhance self-advocacy
- self-care in the early postpartum period
- breastfeeding information and skills
- early parenting skills



### **Advantages for participants:**

- The classes are small and interactive<sup>2</sup>, and therefore offer plenty of opportunity for individual instruction and attention.
- Women build confidence and trust in their body’s natural ability to give birth, in the physiological birth process and their ability to support it.
- Women gain confidence in their natural ability to feed their baby.
- Women and/or their partners have the opportunity to create a birth statement, a labour management strategy and a breastfeeding strategy that supports their values.
- Women and/or their partners gain confidence to be active participants in the birth process, to birth in awareness, and navigate the “medical maze”.
- Women and/or their partners are given access to current evidence-based birth information and the time to practice the techniques being learned.
- Women and/or their partners are supported in what *they* value regarding birth, all within a quiet and comfortable learning environment.
- Partners gain knowledge and skills as well as build confidence in providing the vital support needed during pregnancy, labour, birth, breastfeeding, and postpartum.

<sup>1</sup> Please note: if the item borrowed is not returned, you are responsible for replacing it or paying the replacement cost.

<sup>2</sup> There are never more than four couples/class

## About Karen Reed: Lamaze Childbirth Educator

### Qualifications and Experience:

Karen trained and practiced as a Licensed Practical Nurse in the 1970's. While working in the area of birth she gained an understanding of how to support low risk women to have a natural or low intervention birth within the medical system. In 2003, Karen returned to the area of her passion. As a certified *Lamaze* Birth Educator (2006) and *Birthing from Within* Mentor (2009), Karen has **worked with over 250 women and their partners**. Karen is also a certified Birth Doula (DONA, 2003), and in this capacity, has prepared and **supported over 200 women and their partners** with the birth of their baby/babies at the Halifax IWK Health Centre. Karen's formal qualifications and life experience have allowed her to build an **extensive knowledge** and understanding of **physiological birth**. Her work in Halifax over the past eight years has also allowed her to build a very respectful relationship with the birth unit staff and management at the IWK and to gain a **thorough knowledge of the IWK birth policies**. Karen is committed to keeping up with the most recent research and attends *Lamaze*, *Birthing from Within*, and DONA conferences annually.



References are available upon request.

### Your Investment

Deposit upon registration	\$150.00
Remaining portion of fee due at first class	\$147.00 plus \$44.55 HST
<b>Total:</b>	<b>\$341.55/couple</b>



6:30pm-9:15pm

Each series of classes consists of six sessions

Please see [www.passionateaboutbirth.ca](http://www.passionateaboutbirth.ca) for class schedule.

*A Lamaze class reunion to celebrate the birth of your baby/babies is my gift to you!*