



## Lamaze ChildBirth Education - With Angela Ivory – LCCE



### ***Lamaze is based on the six healthy birth practices:***

1. **Healthy Birth Practice 1:** Let labour begin on its own
2. **Healthy Birth Practice 2:** Walk, move around and change positions throughout labour
3. **Healthy Birth Practice 3:** Bring a loved one, friend or **doula** for continuous support
4. **Healthy Birth Practice 4:** Avoid interventions that are not medically necessary
5. **Healthy Birth Practice 5:** Avoid giving birth on your back and follow your body's urges to push
6. **Healthy Birth Practice 6:** Keep mother and baby together – It's best for mother, baby and breastfeeding

## The purpose of my classes?

- 1) On completion of your childbirth preparation class/classes, you will be feeling confident and empowered about your own choices
- 2) To inform you with evidence-based research and information
- 3) To help reduce any fears you may hold around the birth of your baby
- 4) To inspire you in preparation for your own birth journey

During your classes, we look at and discuss all the pregnancy and childbirth information you may have heard, read, seen or have queries about. I will help you to understand and separate the myths and the facts. You will complete your education with me, knowing how to make appropriate decisions regarding your pregnancy and the upcoming birth of your baby.

### What you will learn:

- 1) I will teach you how to best move your body during labour – to aid in comfort, support and to help baby get into the best position for the birth
- 2) Understand the physiology of hormones during labour and birth – how they facilitate the birth of your baby and *how to best work* with them
- 3) Educate you about the three stages of birth – what happens, why/when/how
- 4) You'll learn massage techniques, breathing and numerous other coping skills to help you and your birthing partner better work with your labour to facilitate birth
- 5) Be provided with latest research/studies & evidence-based information relating to labour and birth
- 6) Discuss pain relief options (medical & natural) - choices & evidence-based information
- 7) Interventions
- 8) Unexpected outcomes
- 9) Benefits of continuous support & benefits of hiring a Birth Doula
- 10) Breastfeeding/Newborn care/Post-Partum period
- 11) Perinatal/Post-Partum mood disorders
- 12) Birthing Partners – your needs and concerns will be addressed as well. You'll learn how to best support mum during the rest of her pregnancy and through her labour. You'll be able to help her communicate her needs to your caregivers during birth. I can help you to be confident and ready too!

\*\*\* Privacy and confidentiality are always maintained with regards to your classes.

### You will leave with:

- 1) New connections, friends and support through other class participants
- 2) Access to private Facebook group to ask questions, share birth stories and to stay connected with me
- 3) Ongoing email support for up to 6 weeks' post-partum
- 4) A goodie bag with samples for you and baby, vouchers, resources and a copy of Natural Parent Magazine
- 5) A spring in your step!

**QUESTIONS:**

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