



Perinatal Educator and Trainer  
Director PREVIDA Foundation  
Public Speaker & Author  
Born 1958, U.S.A.  
Residency: Costa Rica & Spain  
(+506) 25201084, 83088752  
(+34) 610032570  
[previda@racsa.co.cr](mailto:previda@racsa.co.cr)  
J.KozlowCR  
[www.jennykozlow.com](http://www.jennykozlow.com)  
Bilingual: english and spanish

*The way we accompany couples during their childbirth preparation course is KEY in connecting our students to their feelings, where they find their voice and feel able to express it. This is nothing more than a loving response towards their child, proving to themselves that they are capable of good decision making as parents. From that point forward, with this connection clearly made, our work as facilitators is done and empowerment begins.*

#### **childbirth education and training**

1983- Certified as a **Childbirth Educator** with ICEA (International Childbirth Education Association), **ICCE** 1983-1985: worked as an instructor with S.V.C.E.A. (Saginaw Valley Childbirth Education Association) in Midland, Michigan. 1987-present: Director of PREVIDA in San Jose, Costa Rica where over **6000 couples** have received prenatal preparation, 2009-**IAT** status as a trainer for ICEA , 2013- **I TP** status as an International Teaching Partner, 2014 **ICPFE** status as a certified Perinatal Fitness Educator. 2005-certified as a doula with DONA International, **CD**. The PREVIDA Method of Childbirth Education was created in 2015 and workshops teaching the method have been well received in many countries. PREVIDA workshops are valid for certification requirements for Lamaze International. 2018 training in **Prenatal Yoga** at Krama Center, San Jose, Costa Rica.

### **international foundation work**

In 2015, The Previda Center legally became a foundation. The foundation's purpose is to make visible the importance of quality prenatal education in the life of the new family, beginning with supporting and training educators with better, more heartfelt tools to use for connection and empowerment of the couple. **Workshops have been given to hospital staff and birth workers in countries such as Uruguay, Mexico, Spain, Holland, India and Costa Rica since 2012** (list available). The foundation certifies in Prenatal Education with emphasis on Innovative and Effective Teaching Strategies. International guidelines for quality prenatal education courses are established by the foundation and are seeking alliances worldwide with hospitals who uphold this standard.

### **maternity education publications**

Editor of 6 publications including **Padres de Hoy magazine** since 1993, together with pregnancy and first year of life calendars, supplements Today's Grandparent, Una Nueva Vida, and a one hour video about childbirth for the public health system, all PREVIDA publications are **free of charge** and are guaranteed to reach all first time expectant mothers and fathers taking preparation courses in Costa Rica. Over **ONE MILLION readers** received these publications. AVON, hired PREVIDA to write **Nuestro Camino Juntos (Our Road Together)** and was published in 2010. The latest book is called **Creando espacios para un nacimiento consciente con el Metodo PREVIDA de Jenny Kozlow** and is a technical manual to accompany all of the foundation's workshops.

### **outreach and social services**

The PREVIDA Foundation has worked diligently to provide childbirth and parenting classes to **women in prison** and of lower economical status. **Moms Circle** is a space for all women to enjoy with their babies in our center and provides a moderator each week to guide the mothers about topics they request. **Yearly Maternity Health Fairs** are organized for the general public and offer many workshops and activities free of charge, since 2011. PREVIDA conducted a training program for professionals working with **adolescent pregnant girls** in 2017 as a project sponsored by PANI (Patronato Nacional de la Infancia). A **formal study** was completed for the National Public Health system (C.C.S.S.) about the perception of women having given birth in their hospitals and the results were presented at various venues during 2015. In 2009, obstetrical normatives were established by the public health system and PREVIDA formed part of the research and development team, as well as educating women about their rights once the recommendations were published.

### **professional mentoring and public speaking**

Participation in conferences of ICEA, APPPAH and other organizations in the region with topics such as How to Give a Prenatal Crash Course, Common Misunderstandings about Birth and Why Breathing Exercises Still Matter. Founder and President of **AMSEMA (Alliance for the Betterment of Maternity Services)** in San Jose, Costa Rica between 1996-2016. Bimonthly meetings imparted new skills and support to maternity healthcare providers. AMSEMA has organized 8 **national childbirth conferences**. Workshops dedicated to more EFFECTIVE COMMUNICATION SKILLS and updated teaching strategies for preparation classes are given to regional hospitals and community clinics throughout Costa Rica since 2016.