



You are expecting a baby for the first time. Between friends and relatives, coworkers, colleagues and the thousands of posts, likes and comments on social media, everyone seems to know more than you do about having a baby. You agree with this statement.

You work full time, as does your partner. The idea of taking a prenatal education course seems a bit outdated. You both have little free time for classes. Your doctor hasn't mentioned it. You kind of think the birth just happens, and the medical staff acts accordingly. It doesn't really matter what you know because this is in the realm of Physiology-Nature-God (choose your own word) and will happen with or without your understanding of it. You may or may not agree with this statement.

There are courses with hypnosis, with ancestral wisdom, with movement, with archetypes, with meditation, with yoga, with belly dancing, with a focus on sexuality, a focus on water birth, a focus on massage, a focus on exercise and the positioning of your baby. They are specialized courses. You feel you need a course to choose your course.

Maternity education is given by childbirth educators who may or may not be doctors, nurses, midwives, doulas, prenatal yoga instructors, perinatal psychologists, physiotherapists or lactation consultants (among others). Some are trained as Childbirth Educators and some are not. Some have a knack for teaching and some don't. Some feel honored to be in this position to guide couples towards a more satisfying birth experience and some prefer to be somewhere else.

In the olden days there was a family doctor. And this person knew enough to help you with most any health concern you had. You weren't sent to a specialist. This individual had a basis with which to "know" you and your patterns of illness and your emotional fortitude and your family life situation. And he (she) had a wonderfully solid basis of knowledge in order to confidently recommend a next step towards healing and optimal health.

Childbirth education would do well by remembering its roots and the general knowledge base that gives it confidence to educate first with the general themes that give students understanding, so that if it expands to specialized areas of learning, the base is guaranteed.

Those topics that we take for granted because we already "know" them... just may benefit from a makeover. Our students learn differently and have a different relationship with their bodies and their vision of birth than students from just a few years ago. We keep learning new techniques....but our base of knowledge may be what needs to change.

These questions are the base I choose to include in my classes, how they are taught is what CHILDBIRTH SIMPLIFIED is all about.

The topics that make up the PREVIDA Base answer these questions that the couples bring to the classroom:

1. What parts of my personality help me or hinder me when I think about giving birth? And what life experiences have I had that help to highlight the more resilient side of myself?

(Do I think of birth as risky? And if so... Am I a risk taker?)

BUNGEE

2. Does it matter how we are born or just that we are born healthy? What way of being born is best? Best for whom? What exactly does the word NATURAL refer to nowadays? (what way of being born is best? And if I want "natural" but with an epidural?)

4 PART BIRTH CONTINUUM

3. What is my baby capable of comprehending in the womb? Is it true that my moods can make my baby feel loved or unloved? Can we really communicate with each other? And with the father as well?

(how can I feel more connected to my baby?)

IMAGES-CHECK IN-OAK POSE

4. What should I be eating? Is my weight alright? Should I be doing exercises to prepare for birth? What lifestyle makes birthing easier? MY Maternal Instinct?

(how do I feel about my expanding body and how can I prevent discomfort?)

BACKPACK, HEEL LIFT, POSTURE, ALIGNMENT, CHOICES, IS THIS NORMAL?

5. How does my body work and what will it be doing during childbirth? Will I know when its time? What should I do once I know Im in labor? When should I go to hospital? How long does labor last?

(amazing reproductive anatomy, the physiological process of birth, early labor signs, what does birth sound like? Feel like? How will I know Im progressing? When is the best time to go to hospital?)

ANATOMY-SITZ BONES-DRAMATIZACION-EARLY LABOR-WHEN TO GO

6. Will my fears affect labor ? What role do my emotions play? How much of what happens in labor is because of me? What can be done to improve those moments when Im stressed? Can my partner help me to relax? What if there are complications?

(the internal YES and NO that produce hormones that affect labor, optimal environments for positive responses, the very important role of the partner)

BIRTH FACTORS- FEAR CYCLE

7. Do they still teach breathing exercises in the classes? Are they necessary? What do I need to learn in order to do them correctly? Does the course teach how to push? What if Im not good at pushing or no longer have the energy to push?

(Breathing Awareness)

INTRODUCTION TO PARTNERED BREATHING

8. What decisions are mine to make? What questions could we be asking to understand our healthcare providers attitude about the kind of birth we want? What are our rights and our responsibilities? Is it important to put our preferences down in writing? Are medical interventions necessary, do they have secondary effects? And if my baby needs to be born by cesarean...?

(Medical interventions, birth plans, listening to your inner voice, priorities, communication and empowerment through clear messages and clear convictions)

SEPARATE GROUPS 5 TOP PREFERENCES-POST IT#1-ROLE PLAY

9. What is the first encounter with my baby like? And if Im too tired to hold him? How important are those first hours for breastfeeding success? I want to learn a lot about how to breastfeed. And to know why my baby is crying and how to soothe him, as well as basic baby care. Friends say to sleep now because once the baby is born...well...

(the climax of birth, the moment you meet your baby, skin to skin, the wondrous workings that nature has prepared for this special time of bonding, Breasfeeding, Baby Care)

SIMULATION OF SEEING BABY FOR THE FIRST TIME

10. How common is postpartum depression? How long does it take to feel like I did before the pregnancy? What changes can I expect between me and my partner? What advice can make this period less stressful?

(Postpartum recommendations, changes in the couple, emotional adjustments, sexuality, working as a team, creating a support system)

WORKSHEETS

Most courses these days are intensive ones lasting less than 12 hours. The skill of the facilitator to answer these questions as well as integrate movement, laughter, group unity, emotional responses and reflection for heartfelt connections is a skill not all educators have.

The

CHILDBIRTH

S i m p l i f i e d

w o r k s h o p

is about learning these skills and about strengthening the BASE.