

BIRTH BOOT CAMP®

TRAINING COUPLES FOR AN AMAZING BIRTH

WHICH BIRTH BOOT CAMP CLASS IS RIGHT FOR YOUR AMAZING BIRTH?

CLASS MODULES	Food & Fitness: A Program for the Childbearing Year	Comfort Measures: Amazing Coping Strategies for Labor	Homecoming: Life With a New Recruit	Training for an Amazing Out-of-Hospital Birth	Training for an Amazing Hospital Birth	Birth Boot Camp Comprehensive: Complete Preparation for an Amazing Birth
Welcome to Birth Boot Camp: Instructors, Tips, and Resources						
Exercise and Nutrition for Pregnancy						
Testing: GBS, Ultrasound, and Vaginal Exams and Your Birth						
Due Dates: When, Why & How Induction Works						
Hospital Policies Which Will Likely Affect Your Birth						
Care Providers & Various Philosophies of Birth: The Hows and Whos of Your Birth						
The Virtual Birth Place Tour: What You Really Need to Know						
Getting Started: Pre and Early Labor						
Getting Serious: Active Labor and Transition						
What Do Contractions Feel Like? Is this it? What now?						
Top 10 Tools for Dad						
The Importance of Communication: Learning to Talk and Listen in Labor						
Doulas: Everything You Need to Know						
Epidurals & Endorphins: From Stirrups to natural birth and how we got here						
Common Sense Tips for Reducing Pain						
Comfort measures						
Relaxation Practice and Scripts						
Birth Videos in a Variety of Settings						
Acupressure and Massage						
The Chiropractic Difference: How a Chiropractor Can Improve Your Pregnancy and Labor						
Pushing: How You and Your Baby Work Together						
Pushing Positions: What You Need to Know Beforehand						
Special Considerations: Feeling Safe During Pushing						
Third Stage: Delivery of the Placenta						
Cesarean Birth: Making it a Good Experience						
Variations of Labor: Handling Situations that May Arise						
Hello Baby! When Baby Arrives Before Your Provider						
Your Birth Plan: A Communication Tool						
Newborn Procedures: Creating a Postpartum Plan						
The Circumcision Decision						
Baby Comfort Techniques						
Babywearing 101						
Sleeping Arrangements						
Cloth Diapering 101						
Benefits of Breastfeeding: Getting off to a Good Start						
Postpartum Emotions: Becoming a New Parent						
Breastfeeding: The Ultimate MRE (3.5 hour video class download)						