



## ***Oh Baby! Childbirth Preparation Series***

POTW Holistic Maternal Health services offers 4 childbirth education sessions for mothers, families and friends to receive evidence based and culturally comparative, one-on-one childbirth knowledge. With so many misconceptions about birth, it is imperative to ensure that the way we give birth is held to the highest degree because our births in turn shape our future. We accept up to 3 families per class or solo classes for family privacy. This small yet private instruction encourages parents to ask any questions they have and really get to the root of birth and how to have a natural/non-invasive outcome.

This series is offered as a complete unit and is designed to span your pregnancy so that as baby grows you are always learning and preparing for the best birth outcome with ease. Upon conclusion of the series, we grant that you are more confident and grounded in pursuit to birth your way.

### **Session 1: My Birth Options (9-16wks)**

#### Topics of Discussion:

- Birth Rights
- Choosing a Provider
- Support Team
- Birth Place
- Pregnancy Health
- Nutrition
- Exercises
- Your Spiritual Practices
- Massage
- Chiropractic Care
- And more...

### **Session 2: All About Breastfeeding (24-26wks)**

#### Topics of Discussion:

- Breastfeeding Myths
- Breastfeeding Facts
- Importance of Breastfeeding
- What's in Breastmilk?
- Newborn Tummy
- Types of Nipples
- Never LAC- Lay back, Attach, Comfort
- Hand Express & Breast Pumps
- Alternative Feeding Methods
- Baby Wearing or Kangaroo Care
- And more...



### **Session 3: Pregnancy & Labor Stages (28-30wks)**

Topics of Discussion:

Your Pregnancy Now  
Preparing for Labor  
Holistic Stages of Labor  
Preventing Medical Interventions  
Labor Positions  
Relaxation Techniques  
Birth Ball Exercises  
Waterbirth Tips  
Birth Plan  
And more...

### **Session 4: After Birth (32-34wks)**

Topics of Discussion:

Newborn Welcoming  
Immediate Postpartum- First 3 hrs  
Placenta  
Delayed cord clamping or Lotus birth  
Apgar scores & Newborn reflexes  
Newborn screening & tests  
Perineum tears  
More Breastfeeding  
Mother's Transition  
Father's Awakening  
Diapers, cloth or disposable?  
Herbal Baths  
Herbal Vaginal Steams  
First 30 days  
And more...

**Self-pay only. Insurance not accepted. Payment plans offered.**

Money orders, PayPal ([paypal.com/protectorofthewomb](https://www.paypal.com/protectorofthewomb)) and CashApp (\$POTW9) are accepted. Contact [protectorofthewomb@gmail.com](mailto:protectorofthewomb@gmail.com) to schedule sessions

Payment plan option \$450

Deposit due \$150 at first session along with Intake forms signed

Payment due (3) each session \$100 until payment complete

Each pregnant participant will fill out an intake form with release of liability statement and permission for audio, photo or video footage for teaching purposes.

Session 1 is also offered to preconception women and families including assistance in heightening fertility, relationship building & bonding, health and wellness.