

BIRTH CLASSES IN A NUTSHELL:

WHICH IS RIGHT FOR YOU?



by Tavia Redburn Photography



WHY TAKE A CHILDBIRTH CLASS?

There are benefits of a childbirth class that are not reproducible through any form of passive information. Moms love the sense of community they get from an in-person class as well as carving out special time focused on the new baby. Couples need a time to talk about birth-related feelings, hopes, plans, and preparations.

Birth Boot Camp 4

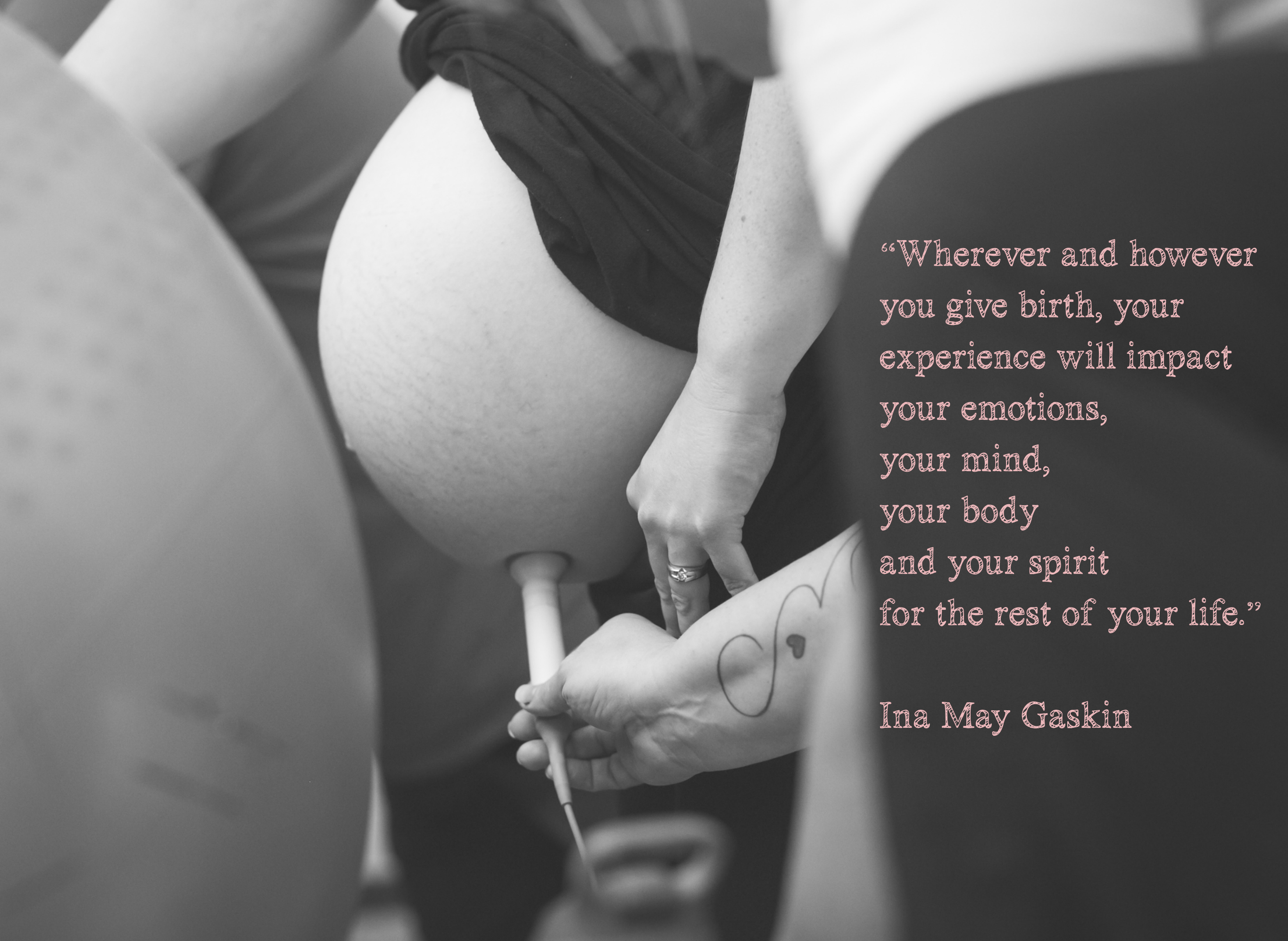
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*“Wherever and however
you give birth, your
experience will impact
your emotions,
your mind,
your body
and your spirit
for the rest of your life.”*

Ina May Gaskin

Birth Boot Camp

How long is the class and how often do they meet?

Birth Boot Camp runs for 10 weeks, usually once per week, at 2-2.5 hours per class

How big is the class?

It could vary from a private class with only one couple to 9 or so. Usually 2-4 couples on average.

What topics are discussed?

Birth Boot Camp is very comprehensive. They cover nutrition, exercise, choosing a birth place and care provider, philosophies of childbirth, interventions (risk/benefits/evidence for each), routine testing offered (risk/benefits also), ultrasound, relaxation, use of chiropractic care in pregnancy, roles of doulas, laboring techniques, physically what happens in each stage of labor/birth, induction, episiotomy, cesarean birth, writing a birth plan, postpartum period, breastfeeding, and newborn care/expectations. It utilizes birth videos, guest speakers, visual aids, hands on activities, etc. to cover the material. As part of the BBC class fee, each couple receives a full length, (close to 4 hour) breastfeeding class download taught by a IBCLC. This allows moms to be able to quickly review questions on breastfeeding on her own after baby comes - everything from latch, pumping, common issues, etc. is included in the video. It's broken into sections to easily find the information she is looking for.



What type of mom would benefit from this method?

All moms can benefit from Birth Boot Camp. Birth Boot Camp is preparing moms for a natural birth, but interventions are NOT evil & no mom should feel like she "failed" if she chooses them. In fact, they cover situations in which interventions are needed and evidence based. They want parents to feel empowered and armed with information so they make the right decision for them. They will know the risks/benefits so when something comes up during the birth, they can say, "oh, yes, we talked about this, now our options are B&C...what should we do?" Knowing what can come up ahead of time gives them a chance to think through scenarios beforehand and make some "what if" decisions then, rather than being thrown big decisions in a panic and then regretting it later.

How big is the class size?

It could vary from a private class with only one couple to 9 or so.

What is a common misconception about Birth Boot Camp?

Many people assume that a childbirth class will teach you a specific method for giving birth, and many do. Birth Boot Camp does not. There isn't a "Birth Boot Camp Way" to birth. They don't teach a certain "way to breathe" or "best position to relax." Their philosophy is to fill your "toolbox" with as much information and techniques as possible, so that couples can find what works best for them.

2014 Birth Boot Camp Stats:


86% Vaginal

14% C-Section

Vaginal births:

78% unmedicated

22% medicated



*"Giving birth should be
your greatest achievement, not
your greatest fear."*

- Jane Weideman

Lamaze

How long is the class and how often do they meet?

Lamaze courses must be a minimum of 12 hours. There are a variety of course schedules, once a week for 6 weeks, from 7-9:30, two Saturday 6 hour sessions, or three 4 hour sessions.

What topics are discussed?

Lamaze classes emphasize empowered birth by informed decision making. Courses cover the 6 Healthy Birth Practices. Here is a video on the 6 Healthy Birth Practices-

<https://www.youtube.com/watch?v=243cnpOLKxk#action=share>.

How big is the class?

Class sizes vary between 3-10 couples, with an average of 5 couples.

What type of mom would benefit from this method?

Rather than being method based, Lamaze classes focus on evidence based birth and empowerment. Classes focus on helping families meet their goals for healthy birth, on their terms.

Lamaze
birth stats:

94% Felt well informed
about decisions in labor & birth

91% said their lamaze educa-
tion improved their experi-
ence



*“When you change the way you view birth
the way you birth will change.”*

Marie Mongan

Hypnobirthing

How long is the class and how often do they meet?

HypnoBirthing is about 13 hours of instruction taught in 5 weeks. Classes meet once a week for about 2.5 hours each class

How big is the class?

Classes usually have no more than 5 or 6 couples so you get a truly personalized experience.

What topics are discussed?

Nutrition and health during pregnancy, deep relaxation and self hypnosis, labor breathing techniques and stages of labor, baby bonding and baby care, etc... please



What is the cost?

Most practitioners charge between \$300 - \$400 for the full course including the text book, two relaxation CDs, and folders with additional resources and hand-outs. Private classes are also available on request and usually have an small additional charge.

What is a common misconception about HypnoBirthing?

Most people think HypnoBirthing and think you have to be way 'out there' to take that kind of child birth method. Many don't understand what Hypnosis actually is. Everyone has been in Hypnosis whether they know it or not and usually several times a week, if not everyday. Hypnosis is a change in brain waves. We feel this change when we daydream, read a good book and lose track of time, when we watch a movie, or even while working. This method isn't about wishful thinking, it is about the science of the labor hormones and how positive thought encourages the release of 'good' productive hormones for a gentle birth.

“Most people think HypnoBirthing and think you have to be way 'out there' to take that kind of child birth method. Many don't understand what Hypnosis actually is....”

What type of mom would benefit from this method?

Any expecting couple would benefit from this childbirth education technique. Most couples who seek out HypnoBirthing are wanting a natural non medicated birth. HypnoBirthing is it isn't just one technique. It takes positive affirmations, deep relaxation, anatomy education, self hypnosis, and breathing techniques, etc... and wraps it into one complete package. If you don't love one relaxation technique you have 7 others that you will love and will work for you.

There is something for everyone in HypnoBirthing.



Just as a woman's heart knows
how and when to pump,
her lungs to inhale
and her hand to pull pack from fire,
so she knows
when and how to give birth.

- Virginia Di Orio

The Bradley Method

How long is the class and how often do they meet?

The Bradley course meets once a week, for 2 hours each meeting, for 12 straight weeks

How big is the class?

A typical Bradley class is about 5-8 couples.



What topics are discussed?

Bradley discusses a lot about how labor functions, what to expect, variations/complications, newborn care, and how to support the mother through it all.

What is the cost?

The average cost in our area is \$300 per couple.

What is a common misconception about the Bradley Method?

A common misconception is that Bradley is outdated. The instructors have gone to great lengths to keep the information updated, relevant, and fun.

What type of mom would benefit from this method?

A mom who is wanting an extensive amount of information would benefit. This is for someone who wants to learn how to prepare their body for optimal function during birth while they are still pregnant. This class is geared toward a couple that wants to fully participate in their birth together. It truly does bond families!

“Bradley is for someone who wants to learn how to prepare their body for optimal function during birth while they are still pregnant.”

Birthing at home

How long is the class and how often do they meet?

6 weeks long & runs every Saturday. It immediately repeats and is designed to be a class that couples can jump into at any point, so they can get all classes no matter when they start and they don't have to wait for the next round of classes to come along unless the class is already full.

How big is the class?

Generally 2-4 couples (4 max)

What topics are discussed?

The stages of labor and birth

Comfort measures,

Complications,

The emotions of birth (processing and preparing for birth mentally and emotionally)

After the birth (postpartum information)

Empowerment (affirmations, the rights of childbearing women, encouraging/speaking to a woman on labor, birth stories).

What is the cost?

\$300 or \$50 a class

“This is not just a class for people who want to give birth at home...”

What is a common misconception about “Birthing at home”?

That it is only for couples who want to birth at home. It definitely is designed for couples delivering at home, but there are couples who are delivering in a hospital (but laboring at home first) who attend the class & benefiting from the information.

What type of mom would benefit from this method?

First time moms in particular can benefit from this method as it really focuses on preparing for the “unknowns” of labor and birth.

Dads and other labor support people are welcome and included in that \$50 cost. Moms are encouraged to bring anyone they plan on having at their birth who may have questions or who want to know about what birth at home looks like.



Oklahoma Childbirth Class Instructors :

Birth Boot Camp

- Amy Anderson

(405) 436-4436

www.bluelotusbirthservices.com

amy@bluelotusbirthservices.com

- D'Andra Parsons

405-203-6270

www.arbucklebirth.com

dparsons@birthbootcamp.com

Lamaze

- Kathryn Konrad

www.ChildbirthOklahoma.com

The Bradley Method

Thank you to Heather Cooper for all the information! Visit www.bradleybirth.com to find an instructor near you

HypnoBirthing

- Meghan Nguyen

512-419-8219

meghan.nguyen@aol.com

<http://meghannguyen.wix.com/edmondhypnobirthing>

- Brandy Harris

<http://www.willowbirthservices.com>

doulabrandy@gmail.com

Birthing at home

Jessi Vining

(405) 596-7326

jessicz@mountainfeet.biz

You are going to have a beautiful birth!

I trust this guide was helpful in finding the best childbirth class to fit your needs.

If you're looking for a birth photographer to capture your birth, I would love to chat with you:

<http://www.taviaredburn.com>