

## Prenatal Birth Class Outline

Birth classes: talking circle, a time of empowerment

- the monitor should mainly sit back and guide
  - that the topic stays on track
  - no “war” or gossip during talk time
- the mothers should have a topic or two that they lead, for example what position do they see themselves pushing in? or not pushing? anyways concerns about 2<sup>nd</sup> stage of labor, a new topic each week is good.
- sharing circle goes around in one direction and goes from one to next ....does not go back and forth....no one controls the circle, not even the monitor or person who is there.

Birth topics (suggestions)

- emotional state and support
- pushing positions ( or not pushing at all option)
- breathing and relaxing during birth, partner work here and visualizations
- postpartum care
- Who should be at your birth
- birthing preparation
- responsibility of partner or husband during birth
- exercises, prenatally and postnatally
- healthy diet

Then there is free time to palpate each other, allow the moms gravitate to each other to talk and support each other.

Remember that mother groups for prenatal and postnatal work need to empower the moms and allow them time to be around other healthy women because as we all know most of society says birth is dangerous to them, it is time to be away from all that and bond with healthy women, midwives and doulas. Birthing is instinctive and normal.

Exercise class once a week with exercises daily

- prenatal yoga
- walking
- swimming
- dancing

Diet

- organic as much as possible
- green leafy veggies (cooked) daily
- whole grains
- organic meats and legumes
- omi daily use of milk, fatty cheeses, ice-cream, desserts (no more than once a week treat)