



birthfree! **CHILDBRITH EDUCATION**

free to choose! free to participate! free to experience!

THANK YOU SO MUCH FOR YOUR INTEREST IN MY NATURAL BIRTH CLASSES!

There is no gift you can give to your unborn child, which is more precious, than the gift of a natural birth! I know that statement can seem overwhelming. All you seem to hear from loved ones is how hard childbirth is...how painful it is...and how could you ever consider going through it without drugs! I heard it all as well when I was pregnant with my children Stephen (10), Simon (8), Micah (6) and Miriam (2). There is something about a woman's pregnant belly that compels perfectly loving people to share with the new mother all the scary stories they have ever heard. I hope that through offering natural birth classes that I can help mothers begin to understand how their body works, why it is doing what it **MUST** do, why it is **ESSENTIAL** that your baby go through it and how it can be the most profound experience of your life!

I just want to share a bit more information with you so you could have some more resources to pull from. Included with this letter is biography on Dr. Bradley, the founder of what he called Husband Coached Childbirth® and where much of my foundation of childbirth education stems from. I feel it is always helpful to understand where an idea originated. I hope you enjoy reading about Dr. Bradley.

Also included is a flier for the classes, if you know anyone interested in them, feel free to share one with them. If you feel the urge to read a pregnancy book, as most women seem compelled to do when they are pregnant, I would highly recommend *Gentle Birth*, *Gentle Mothering* by Dr. Sarah Buckley, *Gentle Birth Choices* by Barbara Harper, *The Thinking Woman's Guide to a Better Birth* by Henci Goer and if you are having your baby in the hospital, *Creating Your Birth Plan* by Marsden Wagner, MD, MS. All available at Barnes and Noble or online at places like Amazon.com.

Though 9 months of pregnancy may seem like a very long time, in reality it is much too short. Just when we discover what to do to make ourselves more comfortable or something that is healthier for our child, we realize that we've just lost a month or two or even six or nine! So if you are interested in starting to prepare now for the birth look at the exercises in the Susan McCutcheon's book. Exercises include tailor sitting, pelvic rocking, kegels, butterflies, squatting and relaxation! We will cover many of these in class as well.

Also very important is nutrition. I am including a nutrition sheet to keep track of what you eat. Feel free to make copies for additional weeks. Each day, aim for 80-100 grams of protein, 4 glasses of milk (cheese, yogurt), whole grains, orange and yellow veggies and fruit. Your baby is counting on you to nourish him or her well. Much as it saddens me, my favorite Coke and chocolate, do not count as good nourishment for our babies!

Class is set for Monday nights starting August 19th at 7pm and will end at 9:30. Classes would then conclude November 6th. Classes will be held at Family First Chiropractic Clinic in Waite Park (79-10th Ave South, 320-259-9099) next to Tuesday Morning. The full amount of the class, \$325 will be due the first night unless other arrangements have been made. I am also including an application for the classes. Feel free to fill it out and return it to me if you are interested in pursuing the classes. If you have any questions between now and the start please feel free to call me!

Sincerely,
Jennifer Davis, CBE

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