



BIRTHING OPTIONS WORKSHOP

(Call for date of next workshop)

Saturday

9 AM – 4 PM

You are invited to attend a *Birthing Options Workshop* that will be held at
1531 W. Swallow Rd. Unit 32
Fort Collins, CO 80526

This workshop is designed for expectant parents who wish to take control of their birthing experience, choices and outcome & is taught by **Barbie Burrage CPM, RM**, who has worked Labor/Delivery in a hospital setting before having a 30 year, homebirth practice, assisting over 2000 families birth their babies in the safely and comfort of their own homes.

Although this class is attended by many women and/or couples, planning a homebirth, it is also perfect for those planning a hospital birth as it will educate and equip you to be more in control of what happens to you in a hospital setting. It will prepare you to birth with pride and dignity and avoid management and manipulation by others.

FEEL FREE TO SHARE THIS WITH YOUR PREGNANT FRIENDS!!

Topics include:

Philosophy of the birthing process “Birth vs. Delivery”
Attitudes, fears, expectations of birth
Making informed choices
Anatomy/Physiology of pregnancy, labor, birth & postpartum
Exercises for the childbearing cycle
Nutrition for a healthy pregnancy and life
Breathing, relaxation & positions for labor/birth
Understanding the process & dealing with labor/birth
Dealing with minor problems and complications

Emergency childbirth
Cesarean prevention
Breastfeeding, newborn care
Family adjustments to the newborn
Mothering/parenting
Preparing siblings for the birth
Preparing your home for the birth
Hospital procedures
Birth video

POTLUCK LUNCH - so bring a healthy & yummy dish or two to share with everyone!
Herbal tea and utensils will be provided.

For more information please call or email **BIRTHWISE**
970-797-0153 ~ Barbie.44@comcast.net

To register, please mail the enclosed registration form with payment.

Refunds are available if you call to cancel 24 hrs in advance.

COST is \$100/couple

Single Moms are welcome to bring a friend or other family member.

Due to the amount of material being covered and the length of this workshop, we ask that you make arrangements for your other children.

