

REGISTRATION

NAME _____

ADDRESS _____

TELEPHONE _____

EXPECTED DUE DATE _____

MIDWIFE _____

ENCLOSE A \$50.00 DEPOSIT

MAIL TO:

*Elizabeth Moore
3079 11th Street
Boulder, Colorado 80304*



HOMEBIRTH
CLASSES

ELIZABETH MOORE
3079 11TH STREET
BOULDER, COLORADO 80504

INFORMED
HOMEBIRTH
CLASSES



*Childbirth preparation
for homebirth settings*

How we birth shapes who we are. When homebirth is chosen women can birth empowered. Couples and families embrace with dignity and joy this remarkable experience.

In this intimate class we will explore cultural myths and fears. With positive, affirming images we reshape these to claim responsibility for our own birth choices.



BY EDUCATING YOURSELF YOU WILL

- reclaim trust in birth as a natural process
- decrease pain & anxiety using visualization & touch relaxation
- assure partner's role in the birth
- use various breathing techniques to relax during labor
- create community
- enhance self-nurturance
- welcome your newborn & tune into their natural transition
- recognize & honor birth's transformative & spiritual nature

CLASS OVERVIEW

Introductions...Birth Images in America...Visualization & Relaxation... Slides

Process of Labor & Birth... Touch Relaxation... Video

Typical Labor...Breathing & Relaxation... Labor Rehearsal... Supporting One Another ... Waterbirth Video

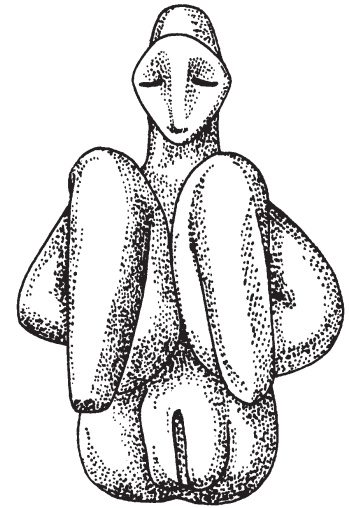
Emergencies & Complications: Home Management & Hospital Transport... Video

Baby's Experience...Newborn Rhythms... Breastfeeding & Bonding...Video

Postpartum Support for Mother & Family...Visit with New Parents & Baby

MATERIALS

Class fee includes a reading binder of illustrations, articles, and selected texts especially for the homebirth couple.



MEETING TIMES

Classes meet Tuesday evenings
from 6:30 pm to 9:00 pm

&

one Saturday 11:00 am to 3:00 pm
\$275/couple

To register or for more information
call Elizabeth Moore at 303-444-5274

Classes are taught by Elizabeth Moore
Certified Professional Midwife,
trained in the Wise Woman Tradition.

Cover art by Betty LaDuke