

Empowering Birth Classes

Overarching Goal:

To give women the knowledge, skills, tools, resources and internal power to birth in her own unique way.

Mission: To provide a *different* childbirth educational series to the families of Hampton Roads focusing on the birth of the woman, the child and the family.

Class Structure:

- ❑ 8-week course (2 ½-3 hours each week).
- ❑ 5-6 couples per class (small and intimate).
- ❑ Couples arranged on comfortable pillows on the floor. Circular formation.
- ❑ Open dialogue.
- ❑ Enrichment videos and audio, stories, and individual/group activities.
- ❑ Bi-weekly circle meetings for extra support prenatally and postnatally.
- ❑ Class Binder given to each couple.
- ❑ Class Journal provided for each couple to complete writing activities.
- ❑ Online discussion group membership.

Class One: Nutrition and Exercise

Class Two: Philosophies in Birth

Class Three: Normal, Physiological Birth

Class Four: Planning your Birth

Class Five: Mental and Emotional Qualities in Birth

Class Six: Support of Laboring Women

Class Seven: Newborns and Breastfeeding

Class Eight: Postpartum and Beyond

Contact Jennifer Green, M.S.Ed. for more information on class schedule.

757.339.4315

jennqgreen@verizon.net