

CONTEMPLATIVE BIRTHING WORKSHOP BIRTHING CLASS PREFERENCES

Please take some time with your birth partner to think about answers to the following questions. Your answers will help me tailor the class to your interests and goals.



1. What areas of birth preparation are you particularly interested in (*check all that apply*)

Inner Awareness Practices

- Breathwork Yoga/ Movement for labor Yoga/Movement for Labor Prep
Visualization Vocalization Kinesthetic Perception

The Labor Process

- Stages of Labor Emotions and Labor Possible Complications
Possible Interventions Cesarean Section Awareness

Labor Support Practices

- Laboring Positions Partner Supported Positions Partner Labor Massage
Partner Guided Breath Verbal Support Emotional Support

Setting the Space for Mother, Child and Father

- Creating a Birth Plan Standard Newborn Procedures and Alternative Options
Understanding Your Choices/Informed Consent

Postnatal Care for the Family

- Breastfeeding Newborn Care Postpartum Self-Care
Postpartum Nutrition Postpartum Challenges Postpartum Resource

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Please feel free to attach additional pages, if there isn't enough room to respond. If there is anything else that you would like to let me know, please feel encouraged to write about it!

2. What are your/your birth partners hopes and goals for your birth experience? Please be as specific as possible.

3. What are your/your birth partners concerns or fears about your birth experience?

4. Why is how you birth important to you/your birth partner?

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5. What do you both expect/want from your caregivers (midwife/doctor/doula)?

6. What do you expect/want from your birthing partner?

7. What does the birth partner expect/want from the birth experience?

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7. Discuss areas of strength in your relationship with your birth partner

8. Discuss areas of challenge/possible challenge in your relationship with your birth partner

9. If this is not your first labor/birth experience, please discuss your prior experience, and what you would like to change/work on in preparation for this birth.