

BIRTH BOOT CAMP®

TRAINING COUPLES FOR AN AMAZING BIRTH

WHICH BIRTH BOOT CAMP CLASS IS RIGHT FOR YOUR AMAZING BIRTH?

CLASS MODULES	Food & Fitness: A Program for the Childbearing Year	Comfort Measures: Amazing Coping Strategies for Labor	Homecoming: Life With a New Recruit	Training for an Amazing Out-of-Hospital Birth	Training for an Amazing Hospital Birth	Birth Boot Camp Comprehensive: Complete Preparation for an Amazing Birth
Welcome to Birth Boot Camp: Instructors, Tips, and Resources						👉
Exercise and Nutrition for Pregnancy	👉					👉
Testing: GBS, Ultrasound, and Vaginal Exams and Your Birth					👉	👉
Due Dates: When, Why & How Induction Works					👉	👉
Hospital Policies Which Will Likely Affect Your Birth					👉	👉
Care Providers & Various Philosophies of Birth: The Hows and Whos of Your Birth						👉
The Virtual Birth Place Tour: What You Really Need to Know						👉
Getting Started: Pre and Early Labor				👉	👉	👉
Getting Serious: Active Labor and Transition				👉	👉	👉
What Do Contractions Feel Like? Is this it? What now?				👉	👉	👉
Top 10 Tools for Dad				👉	👉	👉
The Importance of Communication: Learning to Talk and Listen in Labor				👉	👉	👉
Doulas: Everything You Need to Know		👉		👉	👉	👉
Epidurals & Endorphins: From Stirrups to natural birth and how we got here					👉	👉
Common Sense Tips for Reducing Pain		👉		👉	👉	👉
Comfort measures		👉		👉	👉	👉
Relaxation Practice and Scripts		👉		👉	👉	👉
Birth Videos in a Variety of Settings				👉	👉	👉
Acupressure and Massage		👉				👉
The Chiropractic Difference: How a Chiropractor Can Improve Your Pregnancy and Labor				👉		👉
Pushing: How You and Your Baby Work Together				👉	👉	👉
Pushing Positions: What You Need to Know Beforehand				👉	👉	👉
Special Considerations: Feeling Safe During Pushing				👉	👉	👉
Third Stage: Delivery of the Placenta				👉	👉	👉
Cesarean Birth: Making it a Good Experience					👉	👉
Variations of Labor: Handling Situations that May Arise				👉	👉	👉
Hello Baby! When Baby Arrives Before Your Provider				👉		👉
Your Birth Plan: A Communication Tool					👉	👉
Newborn Procedures: Creating a Postpartum Plan			👉		👉	👉
The Circumcision Decision			👉			👉
Baby Comfort Techniques			👉			👉
Babywearing 101			👉			👉
Sleeping Arrangements			👉			👉
Cloth Diapering 101			👉			👉
Benefits of Breastfeeding: Getting off to a Good Start			👉			👉
Postpartum Emotions: Becoming a New Parent			👉			👉
Breastfeeding: The Ultimate MRE (3.5 hour video class download)			👉			👉