



Nurture Natal

Course Outline:

Class I: Prepare Your Mind and Body

What the Mind Believes the Body Achieves
The Fear-Tension-Pain Cycle Explained
Your Thoughts & Words Matter
The Mind-Body Connection
The Placebo and Nocebo Effect.
The Physiological Process of Birth: The Stages & Phases
The Miraculous Maternal Hormones of Birth
Common Prenatal Tests Explained
Common Prenatal Complications Explained
Your Body, Your Birth, Your Baby, Your Choice
Choosing Your Birth Support Team
Choosing Where To Birth Your Baby
Induction? Augmentation? What's the Difference?
Making Informed Choices: Use Your BRAIN
Epidurals & Other Pain Management Options Explained
Caesarean Birth: When & Why
World Health Organization (WHO) Recommendations
Your Miraculously Changing Body
Prepare Your Body for Birth: Prenatal Nutrition & Exercise,
Your Pelvic Floor, Relaxation
Prenatal Bonding with Your Baby

Class II: Your Birth

So, When Do I Meet My Baby?
The 3 P's vs The Sphincter Law
Failure to Progress or Failure to Wait
Setting the Stage for an Undisturbed Birth
The Essential Role of the Birth Partner
Natural Comfort Measures: Position Changes, Touch, Rebozo, Birth Ball, Relaxation Techniques
How will I Know it The Real Thing?
Home Birth & Home Water Births
Hospital Births: When to go, What to Take and What to Expect
2nd Stage: Self-Directed or Guided?
Protecting Your Perineum: Perineal Massage
3rd Stage: Natural or Actively Managed?
Optimal/Delayed Cord Cutting
The Golden Hour & Skin-to-Skin
Newborn Tests & Procedures
Cord Blood Banking or Cord Blood Donating?
Placenta Encapsulation: What, How & Why Explained
Write Your Birth Preference Plan

Class III: From Womb to World/ Embarking with Confidence

Bonding with Your Newborn
To Breast or Bottle-Feed, That is the Question
To Circumcise or Not to Circumcise, Yet Another Question
Newborn Sleep
Journeying into Parenthood
Your Postpartum Body
Self-Care is Not Selfish
Family Nesting: Enjoying Your BabyMoon



