



# Healthy Families Homebirth

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## Childbirth Education Classes

The reasoning behind childbirth education classes is not to teach your body how to birth. You already have this knowledge. The reason is to help dispel fears around birth and provide tools for you and your partner to understand the process better.

Childbirth education classes are a very individual decision. There are all different types of classes to take, with all of them having unique benefits. Choose one that sounds like fun and that matches your type of learning.

The following is a description of five common childbirth education classes. After each description is a list of resources, with a condensed list at the end. This was updated in March 2014. Please see the website or a web search for the most current pricing and locations.

### Lamaze International

Main principles:

- Seeks to provide education through evidence based practices.
- Guides parents to make the best possible choices for themselves throughout pregnancy, labor, and postpartum
- Encourages the natural birth process and women's body ability to give birth.
- Women have the right to choose with who, where, and how they give birth based on education
- Bonding extends from the pregnancy and birth into parenting. Knowledge and support enhance parenting choices.

Strengths of this childbirth education:

- Encourages bonding during the prenatal time for both parents
- Helps women gain confidence in their body and instincts
- Teaches natural pain management strategies for labor and birth
- Strongly supports skin-to-skin bonding with newborn after birth based on evidence.
- There is a significant amount of resources available for parents through their website and educators.

Weaknesses of this childbirth education:

- The thought that comes first to most people about Lamaze are the breathing techniques that were encouraged during earlier education. This type of breathing has been replaced with better techniques to help women have the birth experience they desire.

Local resources are available by filling out a form online:

<http://www.lamaze.org/FindALamazeChildbirthClass>

Web resources:

<http://www.lamaze.org/p/cm/ld/fid=1>

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## International Childbirth Education Association

What it is?

- ICEA is a childbirth education certifying agency. Teachers that go through this certification have met standards for childbirth education.
- Teachers with this certification may have additional childbirth education certifications and choose to create more flexible programs.

Strengths of this childbirth education:

- The teachers are able to create a flexible education series
- Educators are trained in pregnancy, labor, and postpartum

Weaknesses of this childbirth education:

- They aren't a "brand" name childbirth education system, which has its benefits and its downfalls.
- One downfall could be that if the educator isn't well organized, then she may not cover important information for the class.

Local resources:

Laurie Boyer	303-523-3053	Boulder, Colorado
Carla Downing	303-665-3538	Louisville, Colorado
Kimberly Windels	970-980-7573	Loveland, Colorado
Maureen Kloser	303-466-5129	Westminster, Colorado
Rebecca Watkins	970-689-0256	Fort Collins, Colorado
Julie Thompson	303-324-9392	Denver, Colorado
Martha Teigen	303-751-6359	Aurora, Colorado
Kathleen King	303-655-9095	Brighton, Colorado

Web resources:

<http://icea.org/>

<http://icea.org/content/member-directory>

## The Bradley Method

Main philosophy of The Bradley Method:

- Focuses on natural childbirth
- Focuses on training the partner to be the birth coach.
- Teaches and practices relaxation for the birth

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- By having 12 week classes, they feel that you will be better prepared for labor and birth. Having the longer classes also helps create healthy habits and instill lessons.

### Strengths of this childbirth education:

- Participant workbook is included in the class
- Partners are given lots of tools to help support the laboring woman.
- Classes are kept small
- With the length of classes, bonds are often made between the participants.
- Includes pregnancy, labor, and postpartum education
- Exercise suggestions are included in the workbook
- There is often a postpartum class offered for the couples to get together again after the births of their babies.

### Weaknesses of this childbirth education:

- Twelve weeks can be a large commitment for some couples. You must be sure to sign up early enough.

### Local resources:

Amanda Dean	303-601-5689	Longmont, Boulder
Sarah Mills	720-515-3504	Longmont, Boulder
Judith and Kent Nowlin	303-519-4519	Longmont, Boulder
Johanna Quesenberry	303-901-0467	Longmont, Boulder
Susan Roseveare	970-481-3357	Loveland, Fort Collins
Lorin and Rich Spangler-Young	970-493-4695	Loveland, Fort Collins
Erin Diaz	517-204-4805	Fort Collins

### Web resources:

<http://www.bradleybirth.com/>

<http://www.bradleybirth.com/Directory.aspx>

## Hypnobirthing

### Main highlights of Hypnobirthing:

- Mostly based on self-hypnosis and relaxation for labor management
- Believes that fear creates tension and tension creates pain.
- Through videos, Hypnobirthing wants couples to see the normality of birth.
- By changing the language around birth, less fear is created

### Strengths of this childbirth education:

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- Teaches how to stay calm and relaxed during labor.
- Encourages partner participation through reading scripts and helping the laboring woman stay relaxed.
- Includes fear releasing exercises.
- The Hypnobirthing book and CD is included in the class.
- Five classes are often convenient for couples.
- Helps the couple develop a birth plan.
- Hypnosis sessions are part of the classes
- Nutrition and healthy pregnancy habits are included.

#### Weaknesses of this childbirth education:

- Many women believe that to do Hypnobirthing “right” they aren’t suppose to making any noise. Instructors don’t encourage this, but the videos that are shown imply it.
- Listening to the CD and reading are part of the practice each week
- The use of birth videos might be off-putting to some.
- Some health care providers might not want to use the Hypnobirthing language or create the suggested atmosphere.

#### Local resources:

Melissa Johnson	904-483-1717	<a href="mailto:Melissa@hypnobirthingboulder.com">Melissa@hypnobirthingboulder.com</a>	Boulder, CO
Desiree Moffett	720-308-5559	<a href="mailto:desmoffett@gmail.com">desmoffett@gmail.com</a>	Boulder, CO
Erin Spors	303-578-2229	<a href="mailto:erin@boulderhb.com">erin@boulderhb.com</a>	Boulder, CO
Amanda Wallace	303-507-5210	<a href="mailto:yourtruepotential@yahoo.com">yourtruepotential@yahoo.com</a>	Longmont, CO
April Freier	970-405-2626	<a href="mailto:april@naturethemom.com">april@naturethemom.com</a>	Loveland, CO
Angela Egan	303-550-4110	<a href="mailto:angieegan@hotmail.com">angieegan@hotmail.com</a>	Aurora, CO
Jacie Gonzales	303-941-8824	<a href="mailto:onemothertoanother@msn.com">onemothertoanother@msn.com</a>	Denver, CO
Christiana King	720-300-1441	<a href="mailto:Ccking04@msn.com">Ccking04@msn.com</a>	Littleton, CO

#### Web resources:

<http://hypnobirthing.com/>

<http://hypnobirthing.com/directory/?country=USA&region=Colorado>

## Birthing From Within

#### Main points of Birthing from within:

- There are two kinds of knowledge about birthing: intuitive and current birth culture knowledge
- Focuses on self-discovery instead of obstetrical information
- Teachers are there to help guide the parents to their own self-discovery process

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- Focuses on awareness through the birthing process; not on a specific outcome

#### Strengths of this childbirth education:

- Classes include birth videos, discussions and preparation exercises
- Classes include doing art work as part of the self-discovery process
- Partner's are taught how to be supportive and powerful in the birth process
- Classes can be taught by phone from the founder of Birthing From Within, Pam England
- Classes can be flexible to meet the individual's needs
- Acknowledges that birth may include unexpected outcomes
- Birthing From Within doulas are available also to keep continuity

#### Weaknesses of this childbirth education:

- Not everyone enjoys doing artwork as part of self-discovery
- Some may feel that the educational part of the class is incomplete.

#### Local resources:

Debbie Lane	303-678-0690	Longmont, Colorado
Nicole Lassiter	(206) 229-8436	Boulder, Colorado
Rebecca Peterson	(720) 938-2176	Boulder and Denver, Colorado
Erica Primozich	303-926-4498	Boulder, Colorado
Megan Villacorta	(720) 256-5030	Boulder, Colorado
Jahan Zuberi	(440) 213-2291	Boulder, Colorado
Stephanie Rayburn	970-988-6306	Fort Collins, Colorado
Jennifer Zorich	(303) 681-1935	Fort Collins and Denver, CO
Brandy Ferner	(720) 515-7545	Denver, Colorado
Gina Penka	720-319-0135	Denver, Colorado
Lauren Williams	(970) 692-0112	Denver, Colorado
Lenka Cech	(720) 935-4041	Lakewood, Colorado
Mary Jackson	(720) 985-9546	Golden, Colorado
Meggan Dodge	(303) 744-6084	Castle Rock, Colorado

#### Web resources:

<http://www.birthingfromwithin.com/>

<http://www.birthingfromwithin.com/teachers/search?country=USA&state=Colorado>

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## Community Based classes

Type	Contact	Location	Price	Length	Web for most current info
<b>Infant CPR/ First aid</b>	Longmont Fire Services	225 Kimbark Street	\$40 for each class	One day 4 hours each	<a href="http://www.ci.longmont.co.us/fire/education/cpr_class.htm">http://www.ci.longmont.co.us/fire/education/cpr_class.htm</a>
<b>Infant CPR/ First aid</b>	YMCA 303-776-0370	950 Lashley St	\$45 members, \$65 non-members; each	One day 4 hours each	<a href="http://www.longmontymca.org/en/programs/cpraed-and-first-aid-certification">http://www.longmontymca.org/en/programs/cpraed-and-first-aid-certification</a>
<b>Dad's Group</b>	Family Garden 303-678-1144	600 Airport Rd. Suite B	Free	1 hour; 2 Saturdays a month	<a href="http://family-garden.org/classes/">http://family-garden.org/classes/</a>
<b>Prenatal yoga</b>	Family Garden 303-678-1144	600 Airport Rd. Suite B	\$10	varies	<a href="http://family-garden.org/classes/">http://family-garden.org/classes/</a>
<b>Nutrition class</b>	Family Garden 303-678-1144	600 Airport Rd. Suite B	Free	Varies	<a href="http://family-garden.org/classes/">http://family-garden.org/classes/</a>
<b>Prenatal yoga</b>	Web	Varies	Varies	Varies	<a href="http://www.ci.longmont.co.us/rec/fitness/yoga.htm">http://www.ci.longmont.co.us/rec/fitness/yoga.htm</a>
<b>Prenatal yoga</b>	Yo Mama 303-443-3832	737 29th St. Suite 201	Varies	Varies	<a href="http://www.yomamaboulder.com/">http://www.yomamaboulder.com/</a>
<b>Therapy</b>	Kate Kripke 303-586-1564	1244 Pine St, 80303	Not Sure	Private appointment	<a href="http://katekripke.wordpress.com/">http://katekripke.wordpress.com/</a>
<b>Infant</b>	Valerie	Varies	Not sure	Group or	<a href="http://mybabybodywork.com/">http://mybabybodywork.com/</a>

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<b>massage</b>	DeMasi 303-931-1136			private classes	
<b>Homebirth class</b>	Elizabeth Moore 303-444-5274	3079 11th St, 80304	\$275	Not sure	<a href="http://www.celebratebirth.net/classes">http://www.celebratebirth.net/classes</a>
<b>Homebirth class</b>	Kris Dillon 303-678-8779	4220 Page Place, Loveland, 80537	\$200	2 days	<a href="http://www.dancingtreemidwifery.com/default.aspx">http://www.dancingtreemidwifery.com/default.aspx</a>
<b>Le Leche League</b>	Amanda 303-601-5689	803 3rd ave, corner of 3rd and Terry	Free	Varies	<a href="http://www.longmontlll.org/">http://www.longmontlll.org/</a>

Additional Resources:

Children First of the Rockies: <http://ccfor.org/>

My Parenting Place: <http://www.myparentingplace.org/>

Postpartum Dads: <http://www.postpartumdads.org/>

Circle of Health: <http://www.longmontcircleofhealth.com/>

Meetup: [www.meetup.com](http://www.meetup.com)

## Hospital-based classes

Longmont United Hospital: All classes are within the hospital; Registration and current schedule is online at:

[https://rod.sumtotalsystems.com/longmont/app/management/LMS\\_LearnerHome.aspx?FromLogin=1](https://rod.sumtotalsystems.com/longmont/app/management/LMS_LearnerHome.aspx?FromLogin=1)

Type of class	How long	Cost
<b>Childbirth Preparation Class</b>	4 week series	\$80
<b>Comfort Measures for Labor</b>	One day	\$30
<b>Hypnosis Education for Childbirth</b>	3 Classes	\$150
<b>Labor TENS for Pain Management</b>	One class	Free

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<b>Teen Childbirth Prep</b>	One day	Free
<b>Breastfeeding Class</b>	One day	\$30
<b>Infant CPR</b>	One day	\$25
<b>Newborn care class</b>	One day	\$35
<b>Care kids: Sibling class</b>	One day	\$30

Boulder Community Hospital: All classes are held within the hospital; Registration and current schedule is online at: <https://www.bch.org/classes--wellness/classlist.aspx?categoryName=Childbirth%20and%20Parenting%20Classes>

<b>Type of Class</b>	<b>How long</b>	<b>Cost</b>
<b>Boot camp for Dads</b>	One day	\$40
<b>Bare Basics of Childbirth</b>	One day	\$95
<b>Breastfeeding : Arriving at the Milky Way</b>	One day	\$25
<b>Capable, Confident, and Coping: Labor Techniques that Work</b>	One day	\$25
<b>CPR and First Aid- Infants and children</b>	One day	\$40
<b>Foundations of Childbirth</b>	3 classes	\$120
<b>Happiest Baby on the Block</b>	One day	\$40
<b>Infant Massage</b>	One day	\$40
<b>Sibling class</b>	One day	\$20
<b>Your newborn</b>	One day	\$25

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