

# CLASSES

## PART 1: EARLY LABOUR

- Signs of labour
  - How long will labour last?
  - Normal labour variations
  - How to aid labour progress
  - Preparing your mind for birth
  - Reframing how we think about pain
  - Comfort measures & pain relief
  - Building a birth-friendly environment
  - Utilising hormones
  - Fear clearing exercises
- + more**

## PART 2: ACTIVE LABOUR

- Positions for active labour
  - The importance of movement
  - Breathing techniques
  - Visualisations and affirmations
  - Hypnobirthing basics
  - Bringing together your birth team
  - Natural pain relief options
  - The pattern of labour
  - Healthy birth practices
  - Emergency birth options
- + more**

## PART 3: BIRTH & DELIVERY

- Positions for delivery
  - What happens to your baby
  - How to breathe your baby out
  - Tips to avoid tearing
  - Delivery of the placenta
  - Delayed cord clamping
  - Birth partner support tips
  - Golden hour 101
  - The first 24 hours with your baby
  - Your rights
- + more**

## WHAT TO EXPECT

With a unique approach that journeys beyond standard antenatal education, my classes are safe spaces to build confidence in your ability to birth with minimal intervention. I use evidence- **and** intuition-based practices to prepare you for labour and support your right to make informed decisions that work for you. As an experienced doula, and a pregnant woman myself, I've designed them to be comprehensive and address the most common questions and concerns mothers have. I welcome you to ask questions throughout.

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FROM £60 PP

[GROUP CLASSES \(2024\)](#)

FROM £50PP

# CLASSES

## PART 4: POSTPARTUM & NEWBORN CARE

- The 40 day rest period
- Post-birth recovery practices
- Creating a support network
- Expectations vs reality
- Meal planning and foods to avoid
- Why do babies cry?
- How to swaddle/soothe newborns
- How to hold a newborn
- How to change a nappy

**+ more**

## BIRTH CONFIDENCE COURSE

- Reframing how we think about birth
- Positive birth stories
- Trusting your body's ability to birth
- Your birth rights and how to say "no"
- Consent and avoiding coercion
- Tips for making informed decisions
- Creating your birth plan
- Choosing where to give birth
- Honouring what makes you feel safe

**+ more**

## BIRTH PARTNER 101: HOW TO SUPPORT A BIRTH

- What to expect
- Why support is important
- Your role and responsibilities
- Putting the mother first
- How to prepare for labour and delivery
- How to advocate effectively
- Anti-panic protocols
- The waiting game...
- Taking care of yourself

**+ more**

## WHY THESE CLASSES?

My birth philosophy is holistic and rooted in trusting the mother. Unlike other classes, I highlight the interconnected nature of birth, how to use breath and movement to achieve a smoother labour, the importance of emotional safety and honouring the mother's needs, best practice for achieving the birth you desire, and much more. We also delve into the profound role of the nervous system and begin the process of unlearning widely-believed misunderstandings about birth. Each class is fun, useful, and truly unforgettable.

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