

Birthworks

International

What is Birth Works®?

Birth Works® International is a certification program for childbirth educators, providing both childbirth education classes and doula services. Regional workshops are held to train childbirth educators, birth doulas, and anyone interested in learning more about childbirth and the Birth Works® philosophy. The Birth Works® curriculum provides current information and research about childbirth.

Experience in a nursing or medical profession is not required for Birth Works® childbirth educators and doulas for we believe that birth is a normal, natural process. Birth Works® is a process, not a method...each woman gives birth in her own way. Birth is a deeply spiritual and joyful experience. It is one of the greatest challenges life has to offer and provides an opportunity for personal growth.

What is unique about Birth Works®?

- We believe the knowledge about how to give birth already exists within every woman. Birth Works® classes are designed to help women have more trust and faith in their innate ability to give birth and to help build self-confidence for giving birth.
- The learning is experiential which means that the impact of learning is deeper because of an emotional context, making it more meaningful and lasting.
- Birth Works® teaches pelvic bodywork: an experiential technique that increases a person's awareness of how their own pelvis moves and opens in different labor positions.
- Birth Works® does not teach breathing patterns but instead encourage slow deep breathing and working with contractions.
- Birth Works® encourages expectant parents to take classes early in their pregnancy.
- Birthing women with any history, vaginal or cesarean birth and new parents learn and share together in the same class setting. The program provides support for women planning a VBAC (vaginal birth after cesarean).



**Call: 1 888 TO BIRTH
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E-mail: info@birthworks.org
Website: www.birthworks.org

Join Now!

What topics can I expect in the Birth Works® Childbirth Classes or in the Certification program:

- Understanding the physiology of birth and the effects of hormones on the body
- Making informed choices about medical interventions by assessing risks, benefits and possible alternatives
- Relaxation, optimal fetal positioning and pelvic bodywork to help prevent dysfunctional labor
- Nutrition, exercise and postpartum wellness
- Labor companions, including doulas, and comfort measures
- How our beliefs and attitudes affect our experience of birth
- Human values and their impact on birth
- Healing past emotional pain in preparation for birth
- Prepare for postpartum, breastfeeding and early parenting
- See videos and hear music and stories that teach and inspire