

Your currently affiliated BRADLEY® instructor wants you and your baby to have the best, safest and most rewarding birth experience possible.

For that reason, we endorse and teach the following ideas:

- * Natural childbirth ~ it is the safest for mom and baby; the process of preparation and the circumstances of a natural birth favor the development of strong family bonds.
- * Active participation of the coach/partner.
- * Excellent nutrition (the foundation of a healthy pregnancy).
- * Avoidance of drugs during pregnancy, birth and breastfeeding; unless absolutely necessary.
- * Early training continuing until birth.
- * Natural breathing combined with relaxation techniques.
- * Tuning into and working with your body.
- * Immediate and continuous contact with your new baby.
- * Breastfeeding, beginning at birth and as long as mother and child are comfortable.
- * Being an educated consumer of obstetrics and positive communication with birth team.
- * Parents taking responsibility for the safety of the birth place, procedures, attendants and emergency back-up.
- * Parents prepared for unexpected situations, such as cesarean birth and emergency childbirth.

What is THE BRADLEY METHOD®?

It is a system of natural labor techniques in which a woman and her coach play an active part. It is a simple method of increasing self-awareness and teaching you how to deal with the stress of labor.

Who should take the classes?

Any mom-to-be and her coach who want a valuable education. The classes are small enough for individual attention and include 12 units of instruction on coaching, exercise, nutrition, breastfeeding and newborn care with review sessions until birth. The 12 units teach techniques which are applicable in any birth location, hospital, birth center or home.

What is the difference between BRADLEY® and other childbirth methods?

BRADLEY® teachers urge their couples to find what is comfortable for them in labor. While other methods seek to control the sensations of labor emphasizing distraction as their primary labor control technique, BRADLEY® encourages mothers to trust their bodies, emphasizing abdominal breathing and relaxation throughout labor.

When should I start BRADLEY® classes?

For most couples the fifth or sixth month is the suggested time to seriously start training for labor and for their upcoming role as parents. The earlier you start, the better prepared you'll be physically, emotionally and mentally.

Where are BRADLEY® classes taught?

Class size is small and therefore may be held in the comfortable surroundings of your instructor's home.

"A baby is something that you carry inside you for nine months, in your arms for three years and in your heart till the day you die."
~Mary Mason

THE BRADLEY METHOD®

A Unique Alternative in Childbirth Education!



LEARN ABOUT:

Labor Support

Natural Breathing

Relaxation

Nutrition & Exercise

Waterbirth

Stages of Labor

Breastfeeding

Newborn Care

and much more!

For more information on classes contact:

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COURSE CONTENT

Each class has a specific topic which is covered in detail, and a different relaxation technique will be demonstrated and assigned for practice each week.

Classes may also feature a video presentation, hands-on activities and the student workbook.

Unit 1. Introduction to THE BRADLEY METHOD®

This class deals with Bradley® history, philosophy and goals. It is a time to get to know us and the members of your class. During this class we will begin to study things you can do to keep yourself healthy and low risk during pregnancy. We will introduce important pregnancy exercises and we will lead a discussion of how to handle pain and give a lesson in how to avoid unnecessary pain in labor.

Unit 2. Nutrition in Pregnancy

The primary focus of this class is on nutrition. We will discuss good nutrition during pregnancy so that you will understand what nutrients are important and what quantities are necessary. We will help you to evaluate your diet and suggest ways to improve it if necessary. We will also review the pregnancy exercises and discuss: sex during pregnancy, breastfeeding, and continue studying what you can do to stay healthy and low risk during pregnancy.

Unit 3. Pregnancy

During this class we will discuss the many changes your body goes through during pregnancy. We will focus on anatomy and physiology, as well as common discomforts and how to handle them naturally. This is helpful for the coach, as it makes him more aware, and therefore more understanding of these changes. We will also begin to discuss some of the many choices you face regarding labor and birth.

Unit 4. The Coach's Role

This is the first of two classes that focus on pregnancy and childbirth from the coach's point of view. In this session we will discuss: coaching during pregnancy, the importance of natural childbirth, bonding, and the father's role in breastfeeding. Laboring techniques will be demonstrated and practiced in class.

Unit 5. Introduction to First Stage Labor

This class is on how your body works in the first stage labor. We will cover anatomy and physiology of first stage, stressing our respect for the natural process and examining the built-in safeguards for you and your baby. We will continue basic laboring/coaching techniques and instruct you on how to practice together.

Unit 6. Introduction to Second Stage Labor

This class is on how your body works in the second stage of labor. We will cover the anatomy and physiology of second stage labor, stressing our respect for the natural process and examining the built-in safeguards for you and your baby. We will discuss the importance of the natural alignment plateau and the fetal Heimlich maneuver. Basic pushing techniques and second stage positions, as well as the coach's role will be covered. Third stage will also be discussed.

Unit 7. Planning Your Birth/ Breastfeeding/ Postpartum Care

This class covers consumer information and how to create a birth plan and story. We will discuss what your choices are, the importance of evaluating your feelings and listing your priorities, and meeting with your medical team to discuss your choices in a positive way. Breastfeeding will be discussed in depth in this class. We will also cover information on taking care of yourself after the birth of the baby.

Unit 8. Variations and Complications / Medication and its Effects

This class covers two units of information. We cover the various complications, including Cesarean surgery. We will learn how to avoid these problems if possible, how to evaluate whether it is necessary to intervene, and how to handle interventions that become necessary. We will also discuss drugs, myths and birthing, and the cascade effect of interventions.

You may attend review classes until your baby is born at no additional fee.

Unit 9. Advanced First Stage Techniques

This class is filled with advanced coaching techniques dealing directly with the challenge of handling first stage labor. We will go over the First Stage Study Guide so that you can be sure you are well prepared. We will also have a labor rehearsal and play a labor game.

Unit 10. Advanced Second Stage Techniques

This class begins with an advanced labor rehearsal which helps to pull together all of the information you have learned so far. We will also cover the Second Stage Study Guide to be sure that you fully understand and are prepared to handle the second stage of labor. You will also practice your own simulated labor situations.

Unit 11. Being a Great Coach / Are You Ready?

At this point we will go over the B.E.S.T. techniques for labor and birth as a comprehensive review of the most important points you will use while in labor. This class also covers information for coaches on how to handle the challenges they will face in labor. Emergency childbirth will be discussed, just in case the baby comes before you get where you're going. We will also have our last advanced labor rehearsal in this class.

Unit 12. Baby Care / Family Life

We will cover newborn care, parenting, breastfeeding, how to handle a crying baby, bathing, & adjusting to the many changes you will face during this time. We will also have a fun practice of diapering & swaddling, and make plans for our new family class reunion.



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Your local Bradley Method® instructor is a professional person or couple trained to help pregnant couples obtain the birth experience they desire. These teachers have gone through intensive training with the American Academy of Husband-Coached Childbirth and are required to re-affiliate each year in order to continue teaching the Bradley Method®. This insures the highest educational standards.