



# Birthing Workshop

Saturday, May 5, 2018 9 AM - 4 PM  
At LIFE POINT CHURCH  
900 E. Prospect Rd., Fort Collins

Come and learn what you can do to create the best atmosphere to birth your baby in and avoid medical manipulation & management of this most precious and sacred event in your life!

## Topics Include:

- Philosophy of the birthing process "Birth vs. Delivery"
- Attitudes, fears, and expectations of birth
- Making informed choices
- Anatomy/ Physiology of pregnancy, labor, birth, and postpartum
- Exercises for the childbearing cycle
- Nutrition for a healthy pregnancy and life
- Breathing, relaxation and positions for labor/birth
- Understanding the process and dealing with labor/birth
- Dealing with minor problems and complications
- Emergency Childbirth
- Cesarean prevention
- Breastfeeding/ newborn care
- Family adjustments to the newborn
- Mothering/parenting
- Preparing siblings for the birth
- Preparing your home for the birth
- Hospital procedures
- Birth video

This workshop is designed for expectant parents who wish to take control of their birthing experience, choices and outcome. It is taught by **Barbie Burrage, CPM, RM, LM**, who has worked Labor/Delivery in a hospital setting before having a 42-year homebirth practice. Barbie has assisted about 4,000 families birth their babies in the safety and comfort of their own homes.

Although this class is attended by many women and/or couples planning a homebirth, it's also ideal for those planning a hospital birth and want to avoid medical management and manipulation.

Feel Free to Share this with your Pregnant Friends!

— *POTLUCK LUNCH* —  
so bring a healthy & yummy dish or two  
to share with everyone!  
Herbal tea, dessert & utensils will be provided.



For more information or to register please contact BIRTHWISE by calling 970-292-8251 or by email to: [barbie.44@comcast.net](mailto:barbie.44@comcast.net)

*Refunds are available if you call to cancel 24 hours in advance.*

**COST is \$150/couple**

**(This class is free for Birthwise Clients)**

Single Moms are welcome to bring a friend or other family member

Due to the amount of material being covered and the length of this workshop, we ask that you make arrangements for your other children.