

What's in Julie Clarke's Calm Mindful Birth and Transition into Parenthood Courses?

What's included in Mindful Birth Course & Transition into Parenthood

WHAT YOU WILL LEARN	MINDFUL BIRTH COURSE	TRANSITION INTO PARENTHOOD
Learn why and how to reduce fear and anxiety during pregnancy, birth and beyond	✓	✓
Knowledge and confidence boost for both mother and partner	✓	✓
Stages of labour information, what to expect, how to stay cool	✓	✓
The correct breathing techniques to learn early in pregnancy	✓ Good extensive coverage	✓ Brief overview
A good variety of deep relaxation methods to prepare labour	✓	✗
Insightful, intuitive, instinctive guided visualisations and imagery	✓	✗
The course Mindful Birth book and 12 relaxing mp3 segments on USB	✓	✗
The Transition into Parenthood 250 page bound course notes and workbook	✗	✓
Bonus pre-natal class text books: Preparing for Birth – Mothers Preparing for Birth – Fathers	✗	✓
Techniques for a more comfortable and stress-free birth: Natural "Active Birth" skills	✓	✓
Labour support skills for birth partner - best comfort measures to use	✓	✓
Pain medications – benefits and risks - How to minimise medical interventions i.e. episiotomy	✓ Brief overview	✓ Good extensive coverage
Getting ready, prepared and organised for birth and baby	✓ Brief overview	✓ Good extensive coverage
Negotiating the hospital system with ease - Writing an effective birth plan	✓ Brief overview	✓ Good extensive coverage
Settling in and adjustment for the newborn period	✗	✓
Breastfeeding information - How to calm a crying baby	✗	✓
Newborn hygiene care – helpful for both parents	✗	✓
Sleep and gentle settling strategies	✗	✓
What to buy for baby and setting up nursery	✗	✓
Bathing, wrapping, soothing skills	✗	✓
Access to the "Baby Care Support Service" during baby's 1st year	✓	✓
Continued 24/7 support available by text, phone and email from Julie Clarke	✓	✓