

So as you go through this childbirth education course, there are certain things that I want you to walk away with. So to outline those, I have some learning outcomes that I want y'all to be able to experience as you go through this course.

So first, I want y'all to be able to compare a variety of birthing options in order to make an informed choice.

Next, I want you to be able to support those choices with evidence. And we're going to talk about where to find evidence and how to find evidence, as well.

Perform a variety of pain-relieving and comforting techniques on yourself and or your partner, and design an ideal birth based on your choices.

And share your fears, concerns, and grievances over this transitional period. Because as we'll talk about birth is sacred. And it's a transition and any transition is going to come with grief. And it's also going to come with joy. And we're going to hold space for both of those feelings.

What you will need as you go through this, so you will need a paper, a journal, a blank document anything along those lines, in order to really take the time to process what you're learning, take notes, to write down any questions, you have to respond to journal prompts, to complete exercises, we're going to be doing a lot of self-reflection. So, you're going to need that.

And also this is designed for not just the birthing person is designed for the support person, the partner, the friend, whoever is going to be accompanying you at the hospital, or at the birthing center, wherever you're giving birth, whoever is accompanying you, who is a part of your community so that you can practice labor positions, practice the pain management techniques so that you can both understand what exactly is going to be happening throughout the experience.

All right, so an overview, this is broken up into four parts. When I teach this course live, it usually takes about six hours. So I will assume it'll be about the same amount of time, as that but obviously you can break that up into whatever makes sense for you. So, but each lesson is going to be no longer than about 15 minutes long each video, so that you can kind of get it in bite-sized pieces wherever and whenever you can.

So the first part, we're going to talk about sacred birth foundations, this is a little bit more of an overview of not only my philosophy of birth, and why I see it as sacred and why it's important for us to acknowledge that, but also some ancestral wisdom, and some practical tips to actually make your experience better. Because a lot of the ways that these experiences are set up, kind of by default, quote, unquote, are not necessarily beneficial for you as a birthing person.

Part two is labor and delivery. So, we're going to do an overview of what labor and delivery looks like. And we're also going to, then part three, get into those birth preferences. So, part two, is going to give us kind of the lay of the land.

And then part three, we'll get into what are the different interventions. What are the types of different augmentations? What's the difference between an intervention and augmentation? And

what choices would you like to make for your birthing experience for this particular birthing experience as well.

And then part four, of course, postpartum, we have to talk about postpartum, we're going to get into postpartum planning. And the beautiful thing about this course or what I think is going to be beautiful about it, since y'all are going to be some of my first folks going through it is that for part three, and part four, there are PDFs that go along with the course material. So for part four, it's a community postpartum plan. So you have literally a workbook where you can work through how to build a community to help you postpartum or to assist your postpartum experience in being positive and how you can utilize the community you currently already have. So there's going to be some supplements as we go through these parts, but I'm really excited to talk about each of these topics with you.

So if you have any questions if you have anything that you would like to get off your chest, go ahead and pop it down in the box below. Before we jump into Part One.