



## BirthSkills Workshop

A BirthSkills workshop is run as a private session for a pregnant mum and her partner, to understand the birth process and what facilitates it. Couples can prepare for their own unique experience by learning simple but effective skills to be used in a variety of birth situations.

The dad/birth partner can have a great influence on the mother's experience of childbirth. Women will often comment on whether or not they felt well supported in their births. Support comes in different forms in childbirth, from the provision of hours of hands on physical comfort and emotional encouragement to advocacy and negotiating through medical decisions. So their understanding of the birth process and the mother's needs and desires is vital.

So to help couples prepare for their birth, these are the topics we cover:

- The physical, hormonal, mental and emotional process of childbirth
- The birthing environment
- Relaxation and breathing techniques...tried and tested throughout the ages
- Maternal movement and positions...that facilitate childbirth and provide comfort
- Comfort measures such as heat/cold, touch/massage, acupressure
- Dad/partner support with all of the above
- Medical assistance and being involved in decision making
- Extra resources for childbirth

It would take around four hours to cover the above topics. This could take place over one day (with a break in the middle) or over two separate sessions. Some information is provided as written handouts for couples to take home and read themselves. This allows us to spend valuable time learning new skills, discussing or reviewing complex topics and helping each couple develop a personalised approach for their birth.

If you feel you would only need some of the above information and complete the session in less time, we can discuss this further and come up with something that suits.

**The cost:** for a private BirthSkills workshop is \$70 per hour, or \$280 for 4 hours. This includes handouts, light refreshments and follow-up phone support.

We do not cover postnatal topics in this workshop, so if you would like to attend an Early Parenting Workshop please let me know.

Booking a course:  
Ph:0415 890 682

For more details or programme dates, please contact Janet Phillips  
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