

Hello Expectant Parents,

Being pregnant and becoming a parent is a huge life transition. That's why I teach Bradley Method® classes – the full 12 weeks. This is most comprehensive and effective prenatal education available. Classes cover all the topics you need to know to have a healthy pregnancy, help you prepare for an optimal and positive birth experience, and for you to be prepared for breastfeeding and life as a new family. Over these 12 weeks you and your partner (or the person being your “coach”) will be focusing on preparing physically, mentally and emotionally for your baby's birth, similar to preparing for other intense physical events such as running a marathon or climbing a mountain. You'll know more and be more prepared than couples taking other types of childbirth classes. You'll have lots of fun, too!

Please contact me if you have any questions. I look forward to meeting you in class!

Susan Martin AAHCC, CLEC, PPNE 310-359-3485

<p>My classes include:</p> <ul style="list-style-type: none">~ Official online Bradley Method® Student Workbook~ Hard copies of our class handouts mailed to you~ Access to materials in the Parent Portal + Student Center~ Small class size: Allows for lively discussion, personal attention + the opportunity to connect with other expectant parents~ Learning how to stay healthy and low-risk for a good birth~ Practical, hands-on tools and skills taught to the coach/partner for labor support~ Practical, effective tools taught to the mama to handle + cope with labor and birth	<ul style="list-style-type: none">~ Relaxation and visualization exercises done in class~ Labor rehearsals to put all skills learned into action~ Preparation for a positive birth experience + Birth Plans~ Information for normal variations of labor, dealing with curve-balls/complications + cesarean birth~ Understanding Informed Consent~ Preparing for the postpartum period~ Essential breastfeeding basics information~ Games and interactive activities~ Guest speakers: Hear the birth story of class couple!~ Private Pre-Birth Check-In with me (optional via Zoom)~ Virtual class reunion after all the babies are born
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Series Schedule: October 26th – January 18th 2024 Note: *No class on December 28th for Winter Holidays*

Series Day & Time: SATURDAYS 3:00 – 5:30 PM PT

Class Location: Wherever you are located. Classes take place *live online* each Saturday via Zoom. I host 3 *optional in-person* classes for LA locals – usually Class 4, Class 8, and Class 12.

Class size: Limited to 8 couples/teams. Being part of an intimate group where everyone supports one another and cheers each other on is a unique and wonderful experience. Many class families stay in contact and decide to get together as new parents long after our series ends.

Class Participation: This is an interactive and active class that will require your participation as well as preparation ahead of time for labor rehearsals. I will walk you through all of this. This is great preparation for taking the reins as a parent and you get to practice laboring in your home.

Series Fee: \$525 per couple/team includes the online *Bradley Method Student Workbook*, copies of class handouts mailed to you and your Coach Card once you complete the series. A non-refundable \$75 deposit is required to hold your space in class; your deposit is applied towards the series fee and is *not* an additional cost. The remaining fee can be paid by the end of the first class, or split into 2 or 3 payments completed by Class 9. *Financial Aid:* I wouldn't want a couple to miss taking a Bradley Class because they could not afford it; there are limited partial scholarships – please talk to me about your situation if you need help. You and your baby are important to me.

Missed Classes: If you need to miss a class, let me know and I'll send you the recording.

Connecting: If you live in Los Angeles, 3 classes are offered in-person. I host a Bradley Class Park Day in the fall. We have breakout rooms in many classes and you get to connect with the other class families. You can always talk with me before or after class as well as outside of class time – Zoom + in person.

Recommended reading: *Natural Childbirth the Bradley Way*, Susan McCutcheon, 2017 edition
More books and movies can be found on my website under **Resources** at www.naturalbeginningsla.com