



## ***Directory of Childbirth Education Classes in the Washington DC Area***

### **Association for Childbirth at Home, International** ([www.gr8birth.com/chilbirth\\_ed\\_class.html](http://www.gr8birth.com/chilbirth_ed_class.html))

ACHI is a unique approach to childbirth classes in that its major focus is on teaching essential and accurate technical obstetrics to parents. The series consists of 6 sessions covering such topics as pros and cons of home and hospital, patient's rights, nutrition, labor management, psychological issues, medical considerations, breathing and relaxation techniques, care of the newborn, and management of a home delivery. The classes are preparation for childbirth, whether the birth is planned for home or hospital. Even though the focus is on home birth, the primary message is one of accepting the responsibility of decision-making concerning birth.

#### **DC Area ACHI educator:**

- Ed Wilhelm, (301) 585-4925 and (301) 233-9841, [Lewilhelm@aol.com](mailto:Lewilhelm@aol.com)

### **Birthing from Within** ([www.birthingfromwithin.com](http://www.birthingfromwithin.com))

Birthing From Within<sup>®</sup> is a creative, nurturing, and personal way of preparing for birth and parenting. You will learn how to listen to your wise inner voice, tap into the wisdom of ancient wise women, and develop your instinctive knowledge of birth through the use of birth art, interactive class discussions, and pain-coping practices. Classes are kept small to enhance intimacy and ensure that each participant receives the attention she/he deserves. The individual needs of the couples always help shape the flow of the series.

#### **DC Area Birthing from Within educator:**

- Susan Lucas, (301) 588-7771, [susan@wisebirthways.com](mailto:susan@wisebirthways.com), [www.wisebirthways.com](http://www.wisebirthways.com)

### **Birth Works** ([www.birthworks.org](http://www.birthworks.org))

Birth Works<sup>®</sup> is a process, not a method. It recognizes that there is no one right way to labor and birth. Birth Works<sup>®</sup> does not teach breathing patterns, but instead encourages slow deep breathing as one of many ways to promote relaxation and facilitate labor. Families are encouraged to take Birth Works<sup>®</sup> early in pregnancy, or even prior to pregnancy, as this is an optimal time for identifying and exploring beliefs about birth, interviewing caregivers, and choosing a birth place that feels safe. A 10-week session of 2-hour classes is offered.

#### **DC Area Birth Works educators:**

- Liz O'Shea, [lizjoshea@yahoo.com](mailto:lizjoshea@yahoo.com)
- Susan Messina, [s.messina03@starpower.net](mailto:s.messina03@starpower.net)
- Rachel Silber, [beautifulbirths@hotmail.com](mailto:beautifulbirths@hotmail.com)

### **Bradley Method** ([www.bradleybirth.com](http://www.bradleybirth.com))

The standard Bradley<sup>®</sup> series is designed for small classes with lots of individual attention. Natural childbirth is an important goal since most people want to give their babies every possible advantage. Without the side effects of drugs given during labor and birth, Bradley<sup>®</sup> classes teach families how to have natural births. The techniques are simple and effective. They are based on information about how the human body works during labor. Couples are taught how they can work with their bodies to reduce pain and make their labors more efficient. The standard length of the classes is 12 weeks.



**DC Area Bradley Method educators:**

- Shayla Boyd-Gill, BirthDiva, [info@birthdiva.com](mailto:info@birthdiva.com), [www.birthdiva.com](http://www.birthdiva.com)
- Susan Gunn, (202) 680-0590, [S2GUNN@yahoo.com](mailto:S2GUNN@yahoo.com)
- Lorrie Leigh, (443) 545-5303, [wchappel@myexcel.com](mailto:wchappel@myexcel.com)
- Julie Maimone, AAHCC, [juliem.aahcc@gmail.com](mailto:juliem.aahcc@gmail.com)
- Dana M. Pase, AAHCC, (301) 868-4415, [sweatpea25@msn.com](mailto:sweatpea25@msn.com), [www.bradleybirth.com/ndweb.asp?ID=P336](http://www.bradleybirth.com/ndweb.asp?ID=P336)
- Sheila Patton, (202) 423-1682, [sheilarosepatton@gmail.com](mailto:sheilarosepatton@gmail.com)
- Ursula Sabia-Sukinik, AAHCC, (301) 231-5122, [usukinik@verizon.net](mailto:usukinik@verizon.net), [www.birthyoudesire.com](http://www.birthyoudesire.com)

**Hypnobabies** ([www.hypnobabies.com](http://www.hypnobabies.com))

In Hypnobabies, objectives are to help our pregnant couples bond with their baby in utero, teach you how to stay healthy and low-risk and be an excellent consumer, trust in your body, mind and baby, as well as become self-reliant and confident about birthing your own way. Focus is on overcoming negative belief systems, getting in touch with the beautiful pregnant body, and guiding you through your own excellent birth experience. Birth Partners are brought into the preparation process and have their own hypnotic relaxation cues, as well as a special role to play as they await the birth of the precious newborn. Options include a 5-to-6-week session with 3-hour classes, a single 8-to-10-hour class, and a home study course.

**DC Area Hypnobabies educators:**

- Rose Quintilian, (240) 631-8177, [rose@mygentlebirth.com](mailto:rose@mygentlebirth.com), [www.mygentlebirth.com](http://www.mygentlebirth.com)
- Jenn Riddick, (703) 273-1464, [www.alohabirthservices.com](http://www.alohabirthservices.com)

**Hypnobirthing** ([www.hypnobirthing.com](http://www.hypnobirthing.com))

The concept of HypnoBirthing® method teaches that in the absence of fear and tension, severe pain does not have to be an accompaniment of labor. You will gain an understanding of how the birthing muscles work in perfect harmony – as they were designed to – when your body is sufficiently relaxed. You will learn how to achieve this kind of relaxation, free of the resistance that fear creates, and you will learn to use your natural birthing instincts for a calm, serene and comfortable birthing. A 5-week session of 2½-hour classes is offered.

**DC Area Hypnobirthing educators:**

- Denise Hopkins, (703) 652-7792, [denise@easybirths.com](mailto:denise@easybirths.com), [www.easybirths.com](http://www.easybirths.com)
- Laura Marks, (301) 467-8725, [VAP79@aol.com](mailto:VAP79@aol.com)
- Alana Rose, (703) 850-7952, [alana@mindbodybirths.com](mailto:alana@mindbodybirths.com), [www.MindBodyBirths.com](http://www.MindBodyBirths.com)
- Sara Shelley, (301) 681-3459, [salshell@comcast.net](mailto:salshell@comcast.net)
- Sharon Stevenson, [www.yogabirthingandbeyond.com](http://www.yogabirthingandbeyond.com)

**Lamaze** ([www.lamaze.org](http://www.lamaze.org))

Forty years of research and learning from women’s experience of normal, natural birth have provided evidence that has gradually but dramatically changed Lamaze from being a method for giving birth to a philosophy that provides the foundation and direction for women as they prepare to give birth and become mothers. Breathing is no longer the hallmark of Lamaze. Today’s Lamaze affirms the normalcy of birth, acknowledges women’s inherent ability to birth their babies and promotes the six care practices that support normal birth. Classes average 6 weeks with 12 hours of instruction.

**DC Area Lamaze educator:**

- Heidi Bachman, (202) 246-3531, [hbachman@aol.com](mailto:hbachman@aol.com)



**Magic of Motherhood** ([www.magicofmotherhood.com](http://www.magicofmotherhood.com))

Preparing for the birthing of your child involves emotional, physical and psychological knowledge and practice for both mom and baby. This is a complimentary natural childbirth method for use with or without medications, at home, birth center, or in a hospital. The key concepts are experiencing, understanding and enjoying your labor and delivery through emotional support, empowering yourself, and empowering your baby utilizing relaxation/visualization methods and understanding your body.

**Magic of Motherhood DC Area educator:**

- Jill Chasse, [baby\\_counselor@yahoo.com](mailto:baby_counselor@yahoo.com)

**Magic of Motherhood online class:**

- [www.universalclass.com/i/crn/15440.htm](http://www.universalclass.com/i/crn/15440.htm)

**Prenatal Yoga at Willow Street Yoga** ([www.willowstreetyoga.com](http://www.willowstreetyoga.com))

Willow Street Yoga Center's specially trained instructors offer Pregnancy Yoga for both beginning and experienced yoga practitioners. Through yoga, our students deepen their relationships with their babies, connect with other mothers-to-be, and develop strength, flexibility, confidence and calm to serve them through pregnancy, labor, and beyond. Classes include yoga practice, breath work, guided relaxations and labor preparation exercises, as well as plenty of space to share individual experiences. Beneficial in all stages of pregnancy; all levels and trimesters welcome. **Pregnancy Yoga** is an all-levels class that helps expecting moms to develop the flexibility, concentration and strength needed during the transformative time of pregnancy. Through yoga, breath awareness and relaxation, moms experience the special connection they have with their babies while developing trust and confidence in their body's resources for birth. Suitable for beginning yoga students. **Pregnancy Yoga II** is intended for students with previous yoga experience, and helps expecting moms to modify their practices, connect with their babies, and prepare minds & bodies for birth. Includes active asana practice, breathwork, meditation techniques, and vocal toning. Doctor's or midwife's permission note required for both classes.

**DC Area Prenatal Yoga educator:**

- Natalie Miller, [nataliekmilller@yahoo.com](mailto:nataliekmilller@yahoo.com)

**YogaBirth** ([www.yogabirthbaltimore.org](http://www.yogabirthbaltimore.org))

YogaBirth classes combine the ancient mind-body wisdom of yoga with education on the modern birthing environment. The instructor's goals are to educate families on the physical, emotional and spiritual importance of giving birth as nature intended and equipping them with the tools to help them achieve this. The class is for couples or pregnant women with any support person (or alone) usually appropriate for third trimester. Each class combines a yoga practice – postures, breathing, relaxation techniques – with education and discussion on a variety of topics. The classes are currently held at Charm City Yoga in Mt. Vernon in Baltimore City.

**DC Area YogaBirth educator:**

- Heather Brown, (443) 676-7807, [heather@yogabirthbaltimore.org](mailto:heather@yogabirthbaltimore.org)

**Glossary of Credential Acronyms**

**AAHCC = American Academy of Husband Coached Childbirth** ([www.bradleybirth.com](http://www.bradleybirth.com))

An instructor in the Bradley Method of childbirth education who has been certified by the Academy of Husband Coached Childbirth.

Glossary source: Wikipedia ([www.wikipedia.org](http://www.wikipedia.org)) and website referenced above