



Directory of Childbirth Education Classes in the Washington DC Area

Association for Childbirth at Home, International (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

Birth2Go

Natural Childbirth in one jam-packed session. What's the most important muscle to relax during labor? How do you make the labor process work most effectively for you? Natural birth doesn't come naturally. Learn the skills that you need. Understand the sequence of events and learn how to gain a sense of calm and control. Fun, interactive, highly informative class with a great set of handouts. Private or group for one jam-packed session.

DC Area Birth2Go educator:

- Deena Hadar, (301) 588-5099, birth2go@yahoo.com

Birthing from Within (www.birthingfromwithin.com)

Birthing From Within® 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 educators:

- Susan Lucas, (301) 588-7771, susan@wisebirthways.com, www.wisebirthways.com
- Dawn Star Borchelt, (301) 283-4545, dawnstar@largercircle.org, www.largercircle.org
- McKenzie Casad, Sage Birth, (757) 553-2780, mcasadcypress@aol.com, www.sagebirthing.com
- Kat Haines, (202) 257-8007, empoweredbirthblog@gmail.com, empoweredbirth.typepad.com



Birth Works (www.birthworks.org)

Birth Works® is a process, not a method. It recognizes that there is no one right way to labor and birth. Birth Works® 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® 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
- Susan Messina, s.messina03@gmail.com
- Rachel Silber, beautifulbirths@hotmail.com

Bradley Method (www.bradleybirth.com)

The standard Bradley® 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® 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, www.birthdiva.com
- Mina Coleman, AAHCC, (703) 430-7992, mina_coleman@yahoo.com
- Veronica Greenwell, (301) 586-7706, happyhealthybirth@gmail.com
- Jessica Groves, (443) 507-0571, jessica@trustingourbodies.com, www.trustingourbodies.com
- Susan Gunn, (202) 680-0590, S2GUNN@yahoo.com
- Rebecca Hope, (571) 216-8766, becca@hoperesources.org, www.hoperesources.org
- Shannon Klee, Cell: (317) 833-3138, Home: (703) 266-2168, ssmeltze@iupui.edu
- Lorrie Leigh, (443) 545-5303, wchappel@myexcel.com
- Julie Maimone, AAHCC, juliem.aahcc@gmail.com
- Dana M. Pase, AAHCC, (301) 868-4415, sweetpea25@msn.com, www.birthyourway.net
- Sheila Patton, (202) 423-1682, sheilarosepatton@gmail.com
- Ursula Sabia-Sukinik, AAHCC, (301) 231-5122, usukinik@verizon.net, www.birthyoudesire.com
- Michelle Wedge, (240) 770-6097, babybeebirth@gmail.com, www.bradleybirth.com/?ID=W458
- Wendy Wright, AAHCC (703) 861-1917, womanlywisdom@mac.com

Family Health and Birth Center (www.yourfhbc.org)

The DC Family Health and Birth Center is excited to announce a new series of childbirth options express workshops. The workshops will cover childbirth basics, including: the stages of labor, standard interventions and your options, and comfort techniques during labor and birth. Classes will be facilitated in an interactive, group fashion with time for labor role play and practice. The workshops are held on two consecutive weekend days, from 12:00-6:00pm. Expectant families may choose from the next two fall series, to be held on Sundays September 13th and 20th or Saturdays October 10th and 24th. Expectant moms must register in advance, as space is limited. The location is the DC Family Health and Birth Center, 801 17th Street NE, Washington, DC 20002, is accessible by bus and has free parking. The cost is \$20 for FHBC clients and \$75 for non-FHBC clients.

DC Area Family Health and Birth Center educator:

- Katie Daily, CD (DONA), doulas@yourfhbc.org, (202) 398-5520





Hypnobabies (www.hypnobabiesmidatlantic.com)

We believe in the sacredness of childbirth as an easy, natural process that can be enhanced by a journey within, a deep trust of birth itself, and the inner knowledge that you already know how to give birth. You always have. Hypnobabies works diligently for the following ideals: (1) to help every expectant mother, and her baby, enjoy pregnancy in health and peace and have the easiest, safest and most comfortable childbirth experience they can, (2) to educate and support all Birth Partners, so that they too can look forward to and enjoy the birth of their child, as well as support the birthing mother, (3) to support our Hypno-Moms, no matter what their choices are, before, during and after their babies are born, and (4) to educate the medical community on the benefits of natural childbirth, and how to work with our students. Options include a 6-week class with 3-hour sessions, or a 6-week Home Study Program.

DC Area Hypnobabies educators:

- Rose Quintilian, (240) 631-8177, rose@mygentlebirth.com, www.mygentlebirth.com
- Jenn Riddick, (703) 273-1464, jenn@alohabirthservices.com, www.alohabirthservices.com

Hypnobirthing (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, www.easybirths.com
- Laura Marks, (301) 467-8725, VAP79@aol.com
- Lakshmi (Linette) Landa, 301-654-4899, shantiyoga@schooloflife.org, www.schooloflife.org
- Alana Rose, (703) 850-7952, alana@mindbodybirths.com, www.MindBodyBirths.com
- Sara Shelley, (301) 681-3459, salshell@comcast.net
- Sharon Stevenson, sharon@yogabirthingandbeyond.com, www.yogabirthingandbeyond.com
- Stephanie Kraft, (202) 250-1051, www.stephaniekraft.net

Lamaze (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 educators:

- Carolyn Alexander, Momease, (703) 739-2831, calexander@momease.com, www.momease.com
- Heidi Bachman, (202) 246-3531, hbachman@aol.com



Magic of Motherhood (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.

DC Area Magic of Motherhood educator:

- Jill Chasse, baby_counselor@yahoo.com

Magic of Motherhood online class:

- www.universalclass.com/i/crn/15440.htm

One-Day Only Childbirth Class (www.motherswork.org/downloads/ChildbirthClass.pdf)

Is money, time, energy, effort, or childcare preventing you from taking an important childbirth class? Consider taking this two-hour one-day only course in Silver Spring with affordable, on-site babysitting services. This class will not replace a full course in the Bradley, Lamaze, or Hypnobirthing methods, but if you are confused by these choices or cannot take one of these classes, this course is an inexpensive option. In this class, we will cover childbirth class options, prenatal nutrition, pregnancy exercises, writing your birth plan, natural and medical pain relief options, and a bit on "what to expect" during labor and breastfeeding. The cost is \$50 per couple and includes a workbook and refreshments.

DC Area One-Day Only Childbirth Class educator:

- Shel Lyons, shellyons@gmail.com, www.motherswork.org

Prenatal Yoga at Willow Street Yoga (www.willowstreetyoga.com)

Willow Street Yoga Center's specially trained instructors offer Pregnancy Yoga for both beginning and experienced yoga practioners. 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



YogaBirth (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

Glossary of Credential Acronyms

AAHCC = American Academy of Husband Coached Childbirth (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) and website referenced above