

For Classes Contact: Jennifer A. McFarland, *My Birth By Design* 856-740-4858 or 312-805-5280



In Home Childbirth Education course 4 sessions (4 weeks): \$160.00

This is more of a standard childbirth course, and is excellent as a refresher course. This can be condensed to a one day, 5-6 hour course if needed. Course includes a workbook to keep. Birthing Videos will be watched, breathing methods discussed and practiced, position information for labor and birth, massage techniques for labor, medications and interventions are covered, and much more!



In Home Childbirth Course 4 sessions (8 weeks): \$320.00

This course covers very deep relaxation, deep abdominal breathing, and is similar to self-hypnosis (like what you do when you fall asleep every night...) but does not put you into a deep hypnotic state. Course cost includes 10 CD's (\$145.00 value!) with relaxation exercises to practice in the privacy of your own home. Will improve your birth experience and overall health! Sleep better, confront and alleviate your fears and stressors surrounding birth and life in general. Get in touch with your baby prenatally. Learn deep, relaxing breathing and how the mind/body connection works. Break the Fear/Tension/Pain cycle of

birth! Some women even achieve pain free births using this method!



iCare In Home Pregnancy and Childbirth Education 5 sessions (5 weeks): \$150.00

This should not be your only childbirth course, as it does not cover relaxation techniques or stages of labor in any great detail. Based on the book, *Hey, Who's Having This Baby Anyway?*, this course helps prepare you to find the care provider you need, information on herbs and how to make your own teas, and nutrition in pregnancy, information on interventions and medications, prenatal parenting, vbac, and other related topics. I would suggest you combine this course with either of the above two courses or a childbirth education course of your choice. **Information covered here is not covered in any other course out there to my knowledge**

**and will give you the tools to be proactive at your birth.** I highly recommend it! The course cost includes the book, "*Hey, Who's Having This Baby Anyway?*" (\$20.00 value!) and handouts.



One Session Infant Care Instruction Course: \$55.00

Magic? Miracle? No, It's a reflex! Learn how to calm your crying baby and how babies can be made calm and happy.

Babies don't need to cry to work out their lungs, contrary to popular belief. Learn about the missing fourth trimester. Learn how to master the five S's and keep your baby happy and keep your sanity. Course cost includes the best-selling video by Dr. Harvey Karp and accompanying soothing sounds CD, a \$40.00 value!

**\*\*\*Special Offer:** All classes are offered in the privacy of your own home, or if you would like to organize a group class at a different location of your choosing (library, church, etc...), you may take any of the above courses for free providing that there are at least 5 couples signed up other than yourself. Any of the above classes can also be taught from a Christian worldview, if needed or wanted!

**\*\*\*For Childbirth classes, and for Happiest Baby Classes - if your home is more than 30 minutes from my**