



CHILDBIRTH CLASSES - THE BRADLEY METHOD

The Bradley Method is a system of Husband-Coached Natural Childbirth. It is a simple way of increasing self-awareness and of teaching you how to deal with the stress of labor and birth.

THE BRADLEY METHOD® CLASSES FEATURE:

- Active Participation by the husband as coach.
- Are small enough for individual attention.
- Include 12 units of instruction with review sessions until birth.
- Teach both of you relaxation, physiology, nutrition and parenting skills.
- Emphasize good coaching techniques for labor and birth management with stress control.
- Advise you on how to be an intelligent consumer of obstetric services, emphasizing positive communication with the birth attendants.
- Parents taking responsibility for the safety of the birth-place, procedures, attendants and emergency back-up.
- Preparation for unexpected situations such as emergency childbirth, and cesarean.

WHAT IS THE DIFFERENCE BETWEEN THE BRADLEY METHOD® AND OTHER "PREPARED CHILDBIRTH" METHODS?

Bradley teachers help couples find what is comfortable for them in labor. Other methods seek to control the sensations of labor with an emphasis on distraction away from labor; Bradley emphasized tuning-in to labor and emphasizing relaxed, regular, deep abdominal breathing and relaxation throughout labor. By tuning-in to your body a woman is in a better position to decrease her pain during labor thus making labor easier and faster.

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