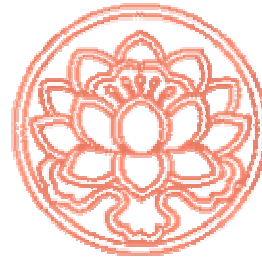


BirthSkills

Calm, Confident, Welcoming Birth

- Teaches you to overcome the Fear-Tension-Pain cycle and retain focus and awareness during labour and birthing.
- Eliminates or greatly reduces the need for pain medication.
- You will learn how your body works during labour and birthing.
- You will learn how to protect your baby from stress and anxiety through relaxation and mind/body communication.
- You will learn skills for a safe and natural pregnancy and labour.
- Promotes the special bond between mother, father and baby.
- Emphasises the role of the father/birth partner.
- Helps you to create the beautiful, comfortable birthing experience you are hoping for.
- You will be aware, in control and free to celebrate the birth of your baby.

Empowering women
and their partners with
skills and techniques
for calm, confident,
welcoming birth.



Dr Shari Read

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BirthSkills

Calm, Confident, Welcoming Birth



Dr Shari Read

Teaching techniques for a calm
and positive birthing
experience.



Learn relaxation,
mind/body
awareness and self-
hypnosis.

www.birthskills.com.au

From some of the happy

BirthSkills mums and dads:

Hi Shari

We just wanted to drop you a quick email to let you know our son, Lachlan arrived in the world at 2:52pm Monday afternoon. The whole experience was fantastic and we used your CD nearly constantly throughout labour.

While we fully achieved healthy baby and healthy mum (and proud as punch dad) we also had a completely drug free birth, which was great.

Thanks so much for working with us to prepare for this wonderful experience.

Jess and Shane - 2007

We both want to sincerely thank you for teaching us the skills to allow us to have the most wonderful birthing experience, just as we had imagined. We would recommend your course to anyone, and if ever anyone wants to talk to someone who has done the course, then tell them to ring us or email us and we would be happy to tell them about our positive birth experience.

*Thank you once again
yours sincerely*

Trent and Lizzie - 2006



BirthSkills

Calm, Confident, Welcoming Birth

A brief outline: the program

covers fear and fear release,

breathing, the physiology and

endocrinology of birthing,

mind/body communication,

self-hypnosis techniques, re-

laxation, techniques and sug-

gestions for partners, and

other pragmatic things like po-

sitions, choices during labour

and birthing and some postna-

tal info, as well as how to use

the techniques in parenting.

Program Options:

- Weekend workshops
- Weekly sessions
- Private Sessions
- Distance Program
- Last-Minute Program
- Self-Paced Learning

For more info including prices
please go to
www.birthskills.com.au

with *Dr Shari Read*

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