

# Childbirth Education Class Comparison by CD Doula Services

*For parents in the Hudson Valley region of New York*

	<u>Bradley Method</u>	<u>Calm Birth</u>	<u>HypnoBabies</u>	<u>HypnoBirthing</u>	<u>ICEA</u>	<u>Lamaze</u>
<b>Founded By/Date</b> Note that age can be an indicator that the class needs updating	Dr. Robert Bradley '65	S. Oregon Hospitals '98, Book by Robert Newman Published in 2005	Kerry Tuschhoff, 2001	Marie Mongan, 1989	International Childbirth Education Association, 1960's	Dr. Fernand Lamaze, 1951
<b>Class Principles</b> Basic description of why each course is what it is, what it covers and any differences from other classes.	The Bradley Method of Natural Childbirth believes that every woman can give birth naturally with good circumstances and "coaches". Women & their coaches learn how to be comfortable during labor & birth without the use of drugs. Coaches are vitally important. Covers nutrition, exercise, relaxation, labor rehearsal and complications.	Calm Birth is based in mind/body medicine and meditation science, modeled on the medicine-meditation program of the U of MA Medical Center in pain management and immune enhancement. Class offers three proven meditation practices applied to childbirth. Encourages natural birth, but as with most classes, the techniques can also be used if medical interventions become necessary.	Birth is a natural event. Birth can be an easy and natural process. Womens bodies instinctively know how to give birth. Expecting mothers are empowered with skills which allow them to eliminate rather than just "cope" with challenges and any discomforts that may present themselves during pregnancy & birth. Course includes 6 CDs and materials for practice at home. Labor rehearsal & skills practice in class.	HypnoBirthing is based on the premise that childbirth does not necessarily need to be painful if the mother is properly prepared & relaxed. Hypno-Birthing parents learn deep abdominal breathing & total relaxation, enabling the laboring mother to work in harmony with her body and her baby. Class includes Mongan's book, one CD and handouts.	ICEA Educators are committed to family centered maternity care and freedom to make decisions based on knowledge of alternatives. Provide classes for moms to be that encompass the full realm of childbirth and baby care. One benefit to this program is that they are not method stringent & are set up to provide information so you can make informed choices.	Lamaze philosophy stipulates that "birth is normal, natural, and healthy" & "women have a right to give birth free from routine medical interventions." Lamaze teaches focused breathing, relaxation and options so that when interventions are needed, or pain relief medication is desired, women are able to give true informed consent.
<b>Self-Study or Class</b> Description of how you would learn the method of choice	In-Person Class	Combination, short class with CD to listen to at home for further practice	Both Self-Study option where you can contact local instructor & full In-Person class series	In-Person Class Series to be used with the published book	In-Person Class	In-Person Class
<b>Class Duration</b>	12 Weeks	2 Days	6 Weeks	5 Weeks	Varies, hours-days	12 hours, split up
<b>Taught Locally By</b> Instructor names, listed alphabetically	Fannie Davis Stephanie DeRose	Mavis Gewant	Amanda Winters	Jency Elliott Johanna D'Aleo Michelle Nacy	Johanna D'Aleo Rachel Durland Stephanie Sosnowski	Search on Lamaze.org I have not worked with any local Lamaze Instructors