

Childbirth Preparation Classes

We are moving! I am preparing to move to the UK this Summer (2010) and have decided to stop teaching classes so I can prepare for the move. If you are interested in classes, feel free to contact me and I can put you in touch with other great Bradley Method® teachers in the area.

Look for us on facebook - Hope Birth Resources. I will be posting birth-related news there!

Welcome to Hope Birth Resources. We offer classes on natural childbirth preparation.

Our birth preparation series consists of twelve classes held once a week for 12 weeks. Each class is a little over 2 hours long, giving you an opportunity to really dig in, ask questions, and learn about this most amazing and beautiful process. Classes typically have three to six couples at a time. Both partners are strongly encouraged to attend every single session. Husbands are important to the birth process.

The classes are very thorough, covering topics such as:

- Exercise
- Good nutrition
- Choosing a birth team

- Relaxation and other comfort measures for labor
- How to assist a woman in labor
- Breastfeeding and newborn care
- Writing a birth plan
- C-sections and unexpected situations

The goal is to help you be informed and relaxed and able to have a healthy, natural birth.

Classes are taught in our home in Herndon, Virginia on the west side of Fairfax County. We are convenient to Dulles, Sterling, Ashburn, Herndon, Reston, and Great Falls.

Classes cost \$350, which can be paid by PayPal.