

What is The Bradley Method®?

The Bradley Method® teaches natural childbirth and views birth as a natural process. It is our belief that most women with proper education, preparation, and the help of a loving and supportive coach can be taught to give birth naturally. The Bradley Method® is a system of natural labor techniques in which a woman and her coach play an active part. It is a simple method of increasing self-awareness, teaching a woman how to deal with the stress of labor by tuning in to her own body. The Bradley Method® encourages mothers to trust their bodies using natural breathing, relaxation, nutrition, exercise, and education.