

What does The Bradley Method® Teach?

- Natural childbirth - Nearly 90% of Bradley® moms having vaginal births do so without pain medication.
- Active participation by the husband as coach.
- Excellent nutrition (the foundation of a healthy pregnancy and baby).
- Avoidance of drugs during pregnancy, birth, and breastfeeding, unless absolutely necessary. No drug has been proven safe for an unborn baby.
- Training: "Early Bird" classes followed by weekly classes starting in the 5th month and continuing until the birth.
- Relaxation and NATURAL breathing - can be effective pain management techniques with training according to the National Institutes of Health.
- "Tuning-in" to your own body and trusting the natural process.
- Immediate and continuous contact with your new baby.
- Breastfeeding, beginning at birth provides immunities and nutrition.
- Consumerism and positive communications.
- Parents taking responsibility for the safety of the birth place, procedures, attendants, and emergency back-up.
- Parents being prepared for unexpected situations such as emergency childbirth and cesarean section.