

Sage Method Sessions: Private Childbirth Education to Get Birth Ready!

Topics We Will Explore

- Shake Blow Stretch!
- What do you anticipate to be your biggest challenge?
- Worksheet: How Do You Want to Feel During Birthing?
- What is your Cultural Purview of Birthing?
- OB & Midwifery Models
- Worksheet: Penny Simpkin's Pain Scale
- Choose a code word!
- Exploring the Full Intensity of Birth
- What Happens During Labour
- Ways to Support Birth Physiology: Birthful Model
- Worksheet: Clarifying & Flexibility Choices in Birth
- Worksheet: Early Labour
- Worksheet: Stay or Go?
- Comfort Measures for Active Labour
- Position Options
- Master List of Activities: Choose Two and practice now
- Navigating Various Scenarios/Intervention Response
- Pivotal Moments in Labour & Available Response Mantras
- Worksheet: Pain Medication Choices in Labour
- Worksheet: Post-Date Pampering List
- Worksheet: Owing The Golden Hour

To Book Your Sessions, email ryersonhayley@gmail.com