## The Gift of Motherhood Childbirth Education DVDs / Book with Tour / Q&A Session

## Prepare for Pregnancy, Labor, and Childbirth

Pregnant? Prepare for childbirth with The Gift of Motherhood Childbirth Education DVD Series and Book. The Gift of Motherhood Childbirth Education System is designed to help you and your partner prepare for pregnancy, childbirth, and beyond. The Gift of Motherhood Childbirth Education DVD and Book series provides you with important information about pregnancy, labor, delivery, and birth in an easy to understand, casual and humorous format. Learn at your own pace in your own timeframe. The format of The Gift of Motherhood Childbirth Education Series also allows you to easily review material of particular importance to you.



The Gift of Motherhood Childbirth Education Series is presented by Dianne E. Moran, RN, LCCE, ICD. For twenty-five years, Dianne has assisted new mothers as a Labor and Delivery Nurse, a Childbirth Educator, and Doula. Her extraordinary experience coupled with her passion for helping new parents understanding the journey from pregnancy through childbirth is brought to you through her professional, but casual and humorous approach to pregnancy and childbirth instruction.

This pregnancy and childbirth series includes two DVDs that provide approximately two hours of instruction and information. A comprehensive 120-page book is also included. You and your partner will feel more comfortable and confident about your personal journey through prepared childbirth.

Once you have reviewed the DVDs, you may schedule your Tour / Q&A session. In order to schedule your session, please email <a href="mailto:PrenatalClasses@nchmd.org">PrenatalClasses@nchmd.org</a> or call 436-4362 to schedule on the available dates.

\$80.00

This price includes The Gift of Motherhood DVDs, Book, Tour and Q&A Session
Available for purchase at NCH Education Offices
For purchasing information – please email <a href="mailto:PrenatalClasses@nchmd.org">PrenatalClasses@nchmd.org</a> or call 436-4362

## The Gift of Motherhood DVD 1 Includes:

- Benefits of Childbirth Education
- Discomforts of Pregnancy
- Warning Signs

- Role of the Labor Support Person
- Understanding Labor and Delivery

## The Gift of Motherhood DVD 2 Includes:

- How Will I know I am in Labor?
- Pain of Labor
- Labor Management
- Cesarean Birth

- Stages of Labor
- Pain Management
- Assisted Deliveries
- Alternative Methods & Breathing Techniques