

**Are you expecting a baby? Are you worried about labor and birth?  
These classes will help you gain confidence and make informed decisions.**

# ***PREPARE FOR CHILDBIRTH***



in the Hospital, Birth Center or at Home

***Develop trust in birth while cultivating acceptance of unexpected outcomes***

## **Education for Expectant Parents**

**Private classes taught in the comfort and intimacy of your own home and customized to suit your interests, schedule and budget.**

### **Class One: "Understanding Labor and Birth"**

*Learn how to know when you are in labor, when to go to the hospital, and how your body works during labor and birth.*

### **Class Two: "Coping with Labor"**

*Learn breathing techniques, relaxation, and how your partner can give support during labor.*

### **Class Three: "Options for Childbirth"**

*Learn about pain medication, medical procedures and creating a birth plan.*

### **Class Four: "The Postpartum Family"**

*Learn about the newborn, breastfeeding, postpartum and adjusting to parenthood.*

### **INSTRUCTOR: CORDELIA HANNA-CHERUIYOT, MPH, CHES, CCE, CBA**

A Certified Childbirth Educator, Certified Birth Assistant and Assistant Midwife who has helped hundreds of couples prepare for their babies' births since 1991.

*"Cordelia is by far the most qualified being on the planet to instruct pregnant women to give birth as they were meant, with dignity, trust, knowledge and joy !! Her years of training as a midwife, doula, and advocate for women's right to have choices in pregnancy and childbirth make her one of the best resources in this area. With love and compassion, she nurtures and inspires expectant mothers and empowers them to create the birth experience they want. She is a promoter of maternal/child health globally, reaching out to all communities and cultures to create safe and healthy birth." --S.G.*

For more Information, please call Wholistic Birth Support and Childbirth Education of Southern California  
626-388-2191 or Email [cordeliaHC@socalbirth.com](mailto:cordeliaHC@socalbirth.com)  
Visit [www.socalbirth.com/resource/birth-preparation-classes.html](http://www.socalbirth.com/resource/birth-preparation-classes.html)