

The Win-Win Birth Plan Workshop

While accepting the unpredictability of birth, it is nonetheless important that couples discuss their preferences with their care provider BEFORE labor begins. Interestingly, studies have shown* that management of labor pain plays a relatively minor role in a woman's satisfaction with childbirth compared with the quality of the relationship with her maternity caregiver and the degree of participation she has in the decision making.

In this two hour private workshop with Penny, she will help you to prioritize your birth preferences and encourage you to formulate questions to ask your care giver. She will also suggest some excellent coping strategies to use in a hospital setting that will enable you to have an empowering and satisfying birth experience.

As an experienced Doula, Penny has extensive knowledge of the accepted protocols in all our local hospitals and can give you the information to choose the hospital and type of care provider that will best suit your particular priorities.

This workshop is ideal of couples who are thinking of starting a family or have just become pregnant.

Fee for this private two hour workshop: \$80 in our office; \$90 for an in home appointment within our normal service area.

* The Nature and Management of Labor Pain: Nonpharmacologic Pain Relief. American Family Physician, September 15, 2003/Volume 68, Number 6