

PREPARED CHILDBIRTH INSTRUCTION

We wholeheartedly support the concept of prepared childbirth. While many women who attend prepared childbirth classes may elect to try to deliver without analgesics (“naturally”), using pain relief medication does not mean that a woman was not prepared. The goal of prepared childbirth education should be to educate the childbearing couple to the options available for controlling discomfort during labor as well as to the usual course of labor and possible complications. It is toward this goal of mutual participation and understanding that we lend our support.

It is important to sign up for classes early in your pregnancy. As a rule, registering before 16 weeks of pregnancy will guarantee you a place in a class of your choice. It is not necessary for your partner to complete a series of classes to accompany you in labor and delivery. However, we strongly recommend that your coach also be prepared to get the most out of what can be an awesome experience.

We do not believe that one method of childbirth education is superior. The quality of teaching and rapport with your instructor is probably most important. Listed below are some of the many fine instructors in the area.

Anne Arundel Medical Center

The hospital offers childbirth preparation classes, tours, classes for young siblings anticipating a new brother or sister and also some courses on breastfeeding and infant care to help prepare you for early discharge. It is important to register for classes early in your pregnancy. We recommend calling before you are 16 weeks.

Schedule classes through **askAAMC** 443-481-4000.

Private Prenatal Classes

Private classes offered in the comfort of your home.

Brenda Lane - 410-757-9280

Natural Childbirth Classes (Lamaze)

Instructors will instill confidence in your ability to give birth naturally, fully supported by your provider.

Kat Mahone - 443-221-4470 www.katmahone.com
Brenda Lane - 410-757-9280

Doula Services

A doula is a trained childbirth educator who provides continuous emotional, physical and informational support to the patient while in labor. The doula also provides additional support to the new mom during her postpartum period.

Claudia Sloan - 202-253-6079 cb13sloan@me.com
Brenda Lane - 410-757-9280
Ludia Sarmast - 410-635-0192 www.birthwisdom.net
Kat Mahone - 443-221-4470 www.katmahone.com

Hypnosis Instructor

Certified through Hypnobabies, their philosophy is to encourage women to trust in their bodies to bring forth life.

Ludia Sarmast - 410-635-0192 www.birthwisdom.net

Lactation Consultant

Certified lactation consultant offers counseling in office or in your home. She also provides breast pump sales and rentals.

Kim Knight - 410-533-5343

Childbirth Support for the Deaf

Kat Mahone - 443-221-4470 www.katmahone.com