

Bundle Birth Coaching - What is the Process?

8-Session Agenda

- Session 1 - Getting Started**
Coaching overview
Where Are We Starting From?
Setting Baseline Expectations
Get to Know Each Other
Laying the Foundation
Mindfulness
- Session 2 - Pregnancy Prep**
How to Have a Healthy Pregnancy
What to Expect from Provider Visits
Childbirth Education
Your Support Team
Book Recommendations
Pelvic Prep
Normal & Abnormal Signs of Pregnancy
Baby Registry
Self-Care
- Session 3 - Birth Preferences**
Baseline Tips for Pregnancy/Birth/Life
Birth Preferences List
Healthy Family Tea Recipe
Planning for Your Birth - Pets
Cord Blood Banking
Photography Options
Family Values
Trusting Birth
Placenta Encapsulation
Breech Babies
Choosing a Pediatrician
Keeping a Positive Perspective
The Epidural Decision/Cheat Sheet
**Labor Prep Class*
- Session 4 - Prepping for the Hospital**
Roles of Everyone you May Encounter
How to Connect with your Hospital Team
Setting Realistic Expectations
Hospital Tour Questions Cheat
Your Legal/Humane Rights in the Hospital
What to Pack
How to Avoid a Cesarean
Why Avoid a Cesarean/
Why Would your Provider Suggest One?
Fear Releasing
**Medical Interventions & Cesarean Class*
- Session 5 - Postpartum Prep**
The Fourth Trimester
Rest
Resources
Breastfeeding
Tips for Postpartum Recovery
Baby Care Tips/Tidbits
Setting Boundaries for Coming Home
What to Expect at Peds Visits
Car Seat Safety
Safe Sleep
**The After Birth Plan Class with Alyssa Berlin*
1 Hr Consult with Perinatal Psychologist
The After Birth Plan Plan
- Session 6 - Coping Sesh**
What Does She Need?
Tapping into Your Innate Self
Keywords/Phrases for the Partner
Positions for Labor/Birth
Birth Ball Cheat
Music Playlists
Guided Imagery Recording
Timing Your Epidural
Essential Oils
Breathing
Ideal Birth Environment
Partner's Role - What Do You Do?
Birth Affirmations
**Coping with Labor Class*
- Session 7 - Support**
Review
37 Week Rec's -
How to Prep your Body for Labor
When to Go to the Hospital/
Call in the Troops
Expectations
Road Map to Labor
What Does Support Look Like?
Labor Role Play - what could happen?
- Session 8 - Birth Debrief (after birth)**
Postpartum Reminders - Going Forward
Postpartum Depression Screening
Birth Debrief
Closing Memory/Process