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Labor Management 10hrs+

Ideal in late second or early third trimester

Price: 9500/- INR or 2 payments of 5000 INR/wk - 4 week program

USD prices : 107.08 \$

2 installments: 56.36\$ per week

Pain is not supposed to be suffering during birth, you can aim for a blissful birth with the real tools and natural methods!

	“The idea is to prepare you to navigate labor pain so you feel confident to birth on your own and follow the body’s language as much as possible!. Can’t wait to begin the work with you!	
	Every session is 1.5 to 2 hours long.(1.5 hrs to 2 hrs). Partner presence is crucial.	

	There are demonstrations and you perform them in the class.	
	Labor - Physiology Anatomy Pain and natural relieving methods Labor and events after and its impact on the baby Breastfeeding and Postnatal Care (2sess)	8hrs
	Details:	
1	How does body go into Labor	
2	Early Signs of Labor	
3	How contractions feel like	
4	Processing Mind and Fear in Birth	
5	Physiology and anatomy of birth	
6	How to work with contractions and ease out the pain	
7	Massages and Natural techniques to relieve pain	
8	Prepping the partner to be your birth support	
9	Understanding interventions (routine hospital treatments) that interfere with natural labor	
10	Labor and Breastfeeding connection and its impact on the baby	
	Breastfeeding Basics	1
1	Initiating Breastfeeding Well	
2	Breast Anatomy	
3	Latching the baby appropriately	
6	Low Milk Supply and the reality	
7	Assessing Early Breastfeeding Issues yourself (Breast pain, nipple pain, clogging and more)	
8	Assessing Baby is Getting Enough	
	BONUS for private candidates worth 1100/-	
1	1 Video Lactation Consultation within the first week of birth	

	Included	
1	Resources to study on a self paced path.	
2	Use cases to navigate the hospital scenarios/home/hospital birth scenarios to have a birth you desire.	
3	Handouts / Digital copies of the highlights of the programs.	
4	Complete Whatsapp/ on call support throughout the pregnancy	