



Potential themes and content for prenatal courses

How your body is beautifully designed for birth (understanding the physiology of labor)

- Terminology, key concepts, and theoretical framework
- The majestic dance of hormones
- The concept of neocortical inhibition and the adrenaline/oxytocin balance
- Basic needs of a birthing person
- The physiological and psychological importance of the environment
- Altered states of consciousness during birth
- Different models for assessing labor progress (how stages of birth are defined in obstetrical vs holistic models)
- The body in motion

Pain during birth

- NLP perspective
- The functions of pain
- Key issues around pain
- How to facilitate its acceptance
- How to support pain management

Navigating the obstetrical paradigm

- Alternative and critical perspectives on mainstream, industrialized birth practices
- Issues related to the medicalization of birth
- Iatrogenic consequences and the cascade of interventions
- Historical foundations
- Self-fulfilling prophecy
- The myth of birth's intrinsic danger

The sacred dimension of birth

- Birth as a rite of passage
- Preparing your emotional space for an ecstatic birth
- Sacred masculinity (possible roles and postures for the partner during birth)
- Creating an inspiring birth space

Divinely orchestrated (physiology of pregnancy, birth, and breastfeeding)

- Multiple protective and safety mechanisms in an undisturbed birth

The placenta, tree of life, newborn's lungs

- How it works
- Options for the umbilical cord
- Ways to honor it postpartum
- To consume or not to consume, that is the question

Healing, nourishing, and being carried

- The phase of enchantment
- Physiological approach to the third stage vs active management of the third stage
- Ancestral wisdom and postpartum hemorrhage
- The fourth trimester and postpartum recovery
- The “golden month” and the tradition of 40 days
- Postnatal nutrition and recovery
- Proximal parenting
- Secure attachment
- Conscious parenting

Breastfeeding: physiology, benefits, and challenges

- Colostrum, the golden first milk
- Skin-to-skin and the golden hour
- Milk coming in
- How to achieve a good latch
- Responsive breastfeeding
- Nursing positions
- Co-sleeping
- Night feeds and cluster feeding
- Possible breastfeeding difficulties
- The partner's role in breastfeeding
- Protecting your emotional space during breastfeeding
- Breast is best vs fed is best vs informed is best
- Supporting informed choice: potential consequences of medicalized birth on breastfeeding and lactation
- Breastfeeding as a social behavior to relearn

Also

- Holistic nutrition for preconception (fertility), pregnancy, and postnatal period
- Sovereign birth: reflections and considerations

In none of my service offerings do I ensure the safety of the mother or the baby. I do not provide monitoring, nor do I take responsibility for the pregnancy, birth, or postnatal period. I do not offer any medical care or advice, and I do not provide midwifery services. The support I offer is holistic, logistical, symbolic, intuitive, and informative in nature. I encourage you to consult a medical professional according to your needs.