Core Modules

**Module One:** Learn the anatomy, physiology & hormonal orchestration of birth. Build the mindset & set your intention for a beautiful birth experience.

**Module Two:** Introduction to breathing techniques, massage and acupressure to calm, relax & rehearse for the surges of labour.

**Module Three:** An in-depth look at the strategies for each stage of labour. Understand hospital protocols, role of the doula & partner support.

**Module Four:** Deeper into relaxation with your partner as an anchor. Learn about breastfeeding, attachment, baby language and the ‘We Parent’ approach.

Resources

**Birth Story Videos:** See how couples utilise She Bbirths® tools & principals to make birth a loving, connected experience, no matter what unfolds.

**Visualisations:** Giving the body 20 minutes of deep rest every day is essential when preparing for birth. Experience your relaxation process.

**Beautiful Births at Home & Hospital:** An invaluable insight into the birthing process. See how these couples made their births work for them in different environments.

**Your She Births® Resources:** Created by The Birthing Institute as a visual guide, cheat sheet & reference book to explore a deeper philosophy of birth.

Bonus Resources

**Breastfeeding Resources:** Starting breastfeeding with good attachment lays the foundation for an easier journey together. Resources courtesy of The Birthing Institute affiliates.

**Bonus Resources:** Gain a deeper insight into acupressure techniques & effectiveness, check out Active Birth Manifesto & prepare your pelvic floor for birth.

**Q&A with Nadine Richardson:** Exclusive chat with founder, Nadine Richardson, covering all the curly topics. Includes expert interviews covering physiotherapy, naturopathy, nutrition & more.

**Practical Demonstrations:** Watch how it’s done with demonstration videos on breathing techniques, active birth positions, yoga, massage and acupressure points.