



Resources 1 She Births

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



Resources 2 She Births

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



Resources 3 She Births

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



Resources 4 She Births

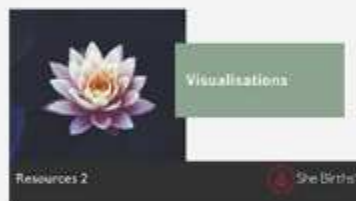
**MODULE FOUR:** Deepen into relaxation with your partner as an anchor. Learn about breastfeeding, attachment, baby language and the 'We Parent' approach.

## RESOURCES



Resources 1 She Births

**BIRTH STORY VIDEOS:** See how couples utilised She Births® tools & principals to make birth a loving, connected experience, no matter what unfolds.



Resources 2 She Births

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



Resources 3 She Births

**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.



Resources 4 She Births

**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



Resources 5 She Births

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



Resources 6 She Births

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



Resources 7 She Births

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



Resources 8 She Births

**PRACTICAL DEMONSTRATIONS:** Watch how it's done with demonstration videos on breathing techniques, active birth positions, yoga, massage and acupressure points.