

# SHE BIRTHS® CURRICULUM

## COMPREHENSIVE, EVIDENCE BASED & HOLISTIC

At The Birthing Institute we pride ourselves on educating and providing critical support to couples across pregnancy, birth and postpartum.

She Births® is a dynamic, ever improving and transformative experience - and our unique, evidence based & holistic 'tool kit' for birth, delivers the best birth outcomes around the world.

More than just a curriculum, She Births® is a philosophy. Our team of experienced and passionate educators give mothers and families an opportunity to awaken to the beauty of birth, parenting and life itself.

We hope the table below is a helpful guide in making a more informed choice for your antenatal education.

### TOPICS COVERED

- ✓ Mindset for childbirth based on modern neuroscience
- ✓ Stages of Labour
- ✓ Breathing techniques
- ✓ Relaxation / hypnosis
- ✓ Visualisation
- ✓ Acupressure for induction / labour
- ✓ Massage for pain relief
- ✓ Rebozo for pain relief / malposition
- ✓ Nutrition for pregnancy / easier birth
- ✓ Active birthing skills for labour
- ✓ Yoga for pregnancy / during labour
- ✓ Spiralling for pregnancy /during labour
- ✓ Practical doula skills for dad / working as a team
- ✓ Medical assistance & family centred c-s
- ✓ The Microbiome & how to support your child's immunity
- ✓ Breastfeeding & Baby led attachment
- ✓ Conscious Parenting

She Births® was created by mother, prenatal yoga teacher and doula, Nadine Richardson, with an intention to improve the long-term wellbeing of mothers, babies and new families.

With a desire to empower and educate couples so they experience the most safe and natural birth possible Nadine attended numerous births and studied the often conflicting birth education programs globally.

She realised there were large gaps of knowledge within the majority of antenatal education programs being offered. While working at 'the coalface of birth' she saw the clear impact this was having on mum's pain, birth outcomes and subsequent family pressures.

It was Nadine's yoga students and doula clients that encouraged her to create a more comprehensive program. What started as 'a cup of tea' in her lounge room has now grown into a global network of thousands of happy families around the world.

The Birthing Institute is pioneering not only a new way of birthing, but a new way of educating. She Births® is the program where science and nature meet to deliver you the best.



"In one single day She Births® completely revolutionised our perceptions, giving us another reality of birth that is natural, joyous and ecstatic.

Nadine is an incredibly sincere and gifted teacher. She combines her personal experience with modern science and timeless wisdom. As a man I felt it was the most vital preparation I could have done."

- Gary Garrow



"As a physiotherapist I considered myself an expert in the body so I could have easily decided not to educate myself about the birth process, says Carla. "But it was whole set of new learnings for me! So anyone who thinks that they understand the body, we don't understand the body for birth! You think that birth happens 'to you' and that you don't have to connect because your body does it." - Carla DiMateo

WEEKEND COURSE

ONLINE PROGRAM