

## Empowered Birth Choices Natural Childbirth Education

Preparing body, mind and spirit for the sacred journey of birth

### Group 4 Week Series

- ❖ Class One: Understanding Birth
- ❖ Class Two: Coping with Labor
- ❖ Class Three: Making Informed Choices
- ❖ Class Four: Your Amazing Newborn and Becoming A Family

### Private Childbirth Preparation Classes

Private sessions are customized to suit your interests and budget and are taught in the intimacy and comfort of your own home. Refresher courses, sibling preparation also available.

### Birth Options Consultations

Newly pregnant? Trying to Conceive? Need to learn about your options? We offer Private phone, email or in-person consultation. Get answers to your questions. Learn about your options for childbirth.



## About Our Team



Cordelia Hanna-Cheruiyot, MPH, CHES, ICCE, CLE, CBA  
Director of Health Education and Support Services

Cordelia is a Certified Childbirth Educator (ICEA), Certified Lactation Educator (CAPP), Certified Birth Assistant (ALACE), Postpartum Doula and apprenticeship-trained midwife who has been providing support and education to expectant and new parents since 1991. Cordelia developed and teaches our childbirth education curriculum “*Empowered Birth Choices*”, and coordinates our Labor Support Referral Service. Cordelia received her Master’s in Public Health (MPH) in Health Education and Promotion/Maternal Child Health from Loma Linda University, and is a Certified Health Education Specialist (CHES), the gold standard for professional health educators, accredited by National Commission for Health Education Credentialing.

Our team of birth and postpartum doulas and monitrics trained and/or certified with Doulas of North America, CAPP or The Association for Wholistic Maternal and Newborn Health.



The Association for Wholistic Maternal and Newborn Health  
Promoting Mother-Baby Friendly Maternity Care  
Maternal-Child Health Education, Training, Consultation and Support

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*The Association for Wholistic Maternal and Newborn Health is a DBA of Wholistic Midwifery School of Southern California, a 501 c(3) California non-profit educational corporation. Fees for services may be tax-deductible, check with your tax professional.*

# Wholistic Birth Support and Childbirth Education

*Supporting Informed Choices.  
Cultivating Trust in Birth*



Services Offered By



The Association for Wholistic Maternal and Newborn Health  
Promoting Mother-Baby Friendly Maternity Care  
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# Services Offered

We offer support and education for pregnancy, childbirth, breastfeeding and early parenthood; helping you develop confidence for birthing, breastfeeding and parenting. With sensitivity and expertise, we provide intimate, family-centered, personalized services supporting you in manifesting the birth experience you desire.

*Cultivate Trust in Birth, Make Informed Choices*

Pregnancy is a unique and important time in the life of a woman and her family. Childbirth is feared and dreaded by some. While sometimes the birth process can be perilous, when perceived as an opportunity for transformation and personal growth, it becomes a rite of passage, a hero's journey. From this possibility, mothers-to-be enter into childbirth prepared, courageous and reverent of its sacred nature. Our birth support services and childbirth education curriculum empowers the woman and her partner to make informed choices and develop trust in birth, while cultivating acceptance of unexpected outcomes. Whether you are planning a hospital or out-of-hospital birth, our services and classes will give you the confidence you need to give birth naturally, breastfeed successfully, and care for your newborn with calm assurance.

**TO REGISTER FOR CLASSES OR SERVICES**

**626.388.2191 or Email:**

**[Support@WholisticMaternalNewbornHealth.org](mailto:Support@WholisticMaternalNewbornHealth.org)**

## CHILDBIRTH PREPARATION CLASSES AND BIRTH OPTIONS CONSULTATION

Our original curriculum "Empowered Birth Choices Natural Childbirth Education Class" is a four-week group class for pregnant women and their birth partners. We also offer private instruction taught in the comfort and intimacy of your own home, customized to suit your interests and budget. Topics include: Understanding Birth, Coping with Labor and Making Informed Choices and Postpartum Adjustments and Breastfeeding. Sibling Preparation & Refresher Courses Available.



Childbirth preparation classes help you understand how your body works in labor. Birth Partners will learn labor support techniques. Childbirth education classes also help you learn about your options for birth.

## BREASTFEEDING CONSULTATION AND EDUCATION

Give your baby the gift of health that lasts a lifetime--breastmilk! Learn how to handle common problems such as sore nipples, low milk supply and pumping and storage of breastmilk.

Lactation Educators offer a 3-Session Group Breastfeeding Course, One-on-One Breastfeeding Preparation Classes. Our Lactation Counselors provide Hands-On Support in the hospital or at home. In addition, we provide phone and Skype consultations. For more complex problems, we have a Board-Certified Lactation Consultant/Registered Nurse to help you.



Lactation Specialists provide hands-on assistance to make breastfeeding work for you.

## LABOR SUPPORT AND POSTPARTUM DOULA SUPPORT

Labor Doulas provide emotional support, physical comfort and advocacy to women during labor and birth. Doula support can help you have a shorter labor, less need for drugs, decrease medical interventions, lower your risk for cesarean, improve mother-infant bonding, decrease postpartum depression and increase satisfaction with your birth experience. Postpartum Doulas provide new mother and with physical and emotional support, meal preparation, household organization, breastfeeding support, newborn care and more in the first days or weeks.



Birth Doula Support helps you trust your body and the process of labor .



Postpartum Doulas help with post-birth physical and emotional adjustments and newborn care.