



Private Class

How To Become A Strong Birth Partner

by doula Carolin

Target audience

This course addresses any pregnant woman and her personal non-medical birth partner such as a partner/husband/wife/any other relative/friend. The pregnant woman is planning to attempt for a vaginal birth. The birth location (hospital, birth center, home birth) does not matter.

Objectives

This course aims to equip the birth partner with the right mindset and self-confidence to be a strong birth support for the laboring woman.

The birth partner:

- ✓ understands the woman's birth preferences.
- ✓ learns techniques and tools how to support her during all phases of labor.
- ✓ puts theory into practice prior to birth through demonstration and trial exercises.
- ✓ recognizes how to communicate with the laboring woman.

The pregnant woman:

- ✓ reflects on specific birth preferences.
- ✓ discovers how to use personal resources to her advantage during labor.
- ✓ understands techniques how to manage contractions.

Duration and location

This course is a personalized, private in-home class. The total length of 4.5 hours spreads across three sessions. It may start as soon as the pregnant woman feels ready to think about the actual birth event and ideally ends no later than gestation week 38+0.

Style

Prior to each session, I may invite you to some questions or thoughts for private self-reflection to naturally lead into the session's topics. Theory and practice alternate. There will be room for practical exercises and demonstrations. Your questions and curiosity are welcome to promote interaction: Any idea that you may have for your birth event deserves to be explored. I strongly believe that everyone's life experiences represent a pool of personal resources, your own powerhouse. We will try to connect those inherent resources with concepts that will strengthen you for your birth event. I am also happy to make proposals and share my ideas, as we navigate the sessions. My Doula Bag will also come along in case any of my personal Doula birth aids may inspire you.






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Three modules

 <p>Birth Preferences OR Freedoms of the Laboring Woman</p>	 <p>Dealing With Contractions (Ritual, Breathing/Sound, Aids, Counterpressure/Touch, Movement, Water Therapy, Language, ...)</p>	 <p>Relaxation (Massage, Affirmations, Mental/Visual Aids, ...)</p>
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All conversations and exercises will be considerate of your likes/dislikes, as I am asking you to openly communicate those with me. Should you have other or additional preferences of topics, we would discuss how to incorporate them.

The field of birth preparation is wide and there are numerous special expert fields. To manage expectations, I am putting the following specialties out-of-scope for this course:

Hypnobirthing, Birth Hypnosis, Meditation.

Limitations

This course does not cover medical aspects as taught in birth preparation classes performed by medically trained staff (midwives). It does not promise any specific progression or outcome of the birth event. There is no guarantee to which capacity the birth partner will perform any support during birth.



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Financials

Investment: CHF 675. —

Invoicing: Payment upfront in full after booking (TWINT or bank wire).

Location/Time: In-home sessions (client/birth partner premise) during times to be agreed upon.

Support: 4.5 hours of personalized (customized) birth preparation, in between the sessions: exchanges about the pregnancy and birth-related topics via phone and email.

Cancellation: You may cancel the course in writing at any point in time without giving reasons.

Refund policy: Cancellation before the first session => 80% refund

Cancellation after the first session => Refund of the remaining sessions

Any mileage expenses (CHF 0.20/ km), parking or public transportation (Halbtax 2nd coach) are not inclusive and will be invoiced separately.

Additional prenatal in-home visits are priced at CHF 120 / hr.

About Me

I am a trained and certified doula for childbirth and postpartum. I found my passion in supporting women and their birth partners during pregnancy, birth and postpartum. I want to actively contribute to a good birth event for both, the laboring woman, and her birth partner. I believe that a strong birth partner of your choice can make a lasting difference to how the laboring woman will experience and remember birth. My husband and I with our three kids reside in Lachen SZ.

I service the greater area of lake Zurich.

One-Way Non-Disclosure

I treat all client information with confidentiality.

Contact

Carolin Taurer, Rosengartenstrasse 2, 8853 Lachen SZ, cell 078 689 1918, carolin.taurer@gmail.com

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