Dear Expectant Parents,

During the coronavirus pandemic, I am offering prenatal education live online. Beautiful babies are born every day and they need to be welcomed with love and intention. As the most effective and comprehensive education available, The Bradley Method® is especially important now when support people may be limited, or unavailable. Class covers all the topics you need to know to have a healthy pregnancy, help you prepare for an optimal and positive birth experience, and for you to be prepared for breastfeeding and life as a new family. Over 12 weeks, you and your partner will be focusing on preparing physically, mentally, and emotionally for the arrival of your baby, similar to preparing for other intense physical events such as a marathon or mountain climbing. You'll know more and be more prepared than couples taking other classes and have lots of fun, too!

I love teaching this course and getting to know my class couples as well as supporting them during this special time in their lives. Please contact me if you have any questions. Wishing you a wonderful, healthy, and loving start with your new baby. *Susan Martin* AAHCC, CLEC, PPNE (310) 359-3485

My classes include:

- Official online Bradley Method® Student Workbook
- Hard copies of class handouts mailed to you
- Access to
- Small class size: Allows for lively discussion, personal attention and the opportunity to connect with other expectant parents
- Learning how to stay healthy and low-risk
- Practical, hands-on tools and skills taught to the Coach/partner for labor support
- Practical and effective tools taught for the mother to cope with labor and birth
- Relaxation and visualization exercises done in class
- Labor rehearsals to put all skills learned into action
- Preparation for a positive birth experience & Birth Plans
- Information for normal variations of labor & cesarean birth
- Preparation for the postpartum period
- Essential breastfeeding information
- Information for informed consent
- Games and interactive activities
- Guest Speakers: Hear the birth story of a former Bradley class couple and see their cute baby!
- Support during pregnancy, birth and after your baby arrives
- A virtual class reunion

Series Schedule: June 6 - August 29, 2021
Series Day and Time: Sundays 3:00 – 5:30 PM *Note: No class on 7/4*

Class Location: Wherever you are located. This is a live online course that meets each Sunday

Class Size: Maximum 8 – 10 couples/teams. Being part of an intimate group in which everyone supports one another and cheers each other on is a unique and wonderful experience. Many class members continue to get together long after our class reunion to support each other and share in their parenting experiences.

Class Participation: This is an interactive class. It will require your active participation in class as well as your preparation ahead of time for labor rehearsals and other activities. I will guide you through this all. It is great preparation for parenting. You can do this!

Series Fee: $450.00 per couple/birth team includes the official online Bradley Method® Student Workbook. A *non-refundable $50.00 deposit* along with the Registration Form will hold your place in my class; the deposit is applied to the series fee and is *not* an additional cost. The remaining fee can be paid in full on the first day of class or the course fee can be split into two or three payments due at the beginning of each four-week period. *Financial Aid:* I wouldn't want a couple to miss taking a Bradley course because they cannot afford it; there are limited partial scholarships available. Please talk with me about your situation if you need help. You and your baby are important to me.

Missed Classes: Because this course happens over a three-month period, sometimes a couple needs to miss a class or two. If you are missing a class, please let me know. I make recordings of missed classes and I will send you the link to watch in your own time. I can meet online before or after another class to go over any specific techniques that you need clarified and to answer any questions. If you really want a full private make-up, this is available for a fee.

Required Reading: *Natural Childbirth the Bradley Way,* Susan McCutcheon, 2017 Edition
Recommended Reading: *Husband-Coached Childbirth,* Robert A. Bradley, MD
Ina May's Guide to Childbirth, Ina May Gaskin