

- Are you pregnant? How are you feeling about giving birth?
- Do you want to feel emotionally, mentally and physically prepared for your birth?
- Do you want to make informed decisions with your caregivers about birth choices?
- Do you want to learn how to feel safe and calm?

Then, you can trust Calmbirth®, taught by trained birth professionals.

With Knowledge Comes Confidence

Calmbirth® aspires to be the leaders in cultural change by empowering and enabling birthing couples to experience birth as a natural part of life with knowledge and confidence. Our vision is to change the existing birth culture to one that is talked about and experienced far more positively now and for future generations.

The Calmbirth® program is evidence based and Australia's leading and most trusted childbirth

education program – educating and empowering pregnant couples since its inception in 2004. Calmbirth® inspires couples to experience birth as a natural part of life with knowledge and confidence, and significantly:

- reduces the rate of medical interventions during childbirth
- reduces the use of pharmacological pain relief in labour including epidurals
- enriches their birth experience as one that is positive, irrespective of how they birth
- reduces the impact of perinatal anxiety which may then have a protective effect postnatal adjustment, and potentially depression, after birth.

The Calmbirth® program is suitable for first time or subsequent births, for couples who have had a challenging birth experience, as well as for couples who know they'll be having a caesarean. Calmbirth® embraces and accepts all pregnant couples regardless of their age, culture, socio-economic or sexual orientation.

The tools we teach in Calmbirth® are lessons for life and go on to extend beyond their birth to their parenting, relationships and everyday life.

"The Calmbirth course was AMAZING! It made our first birth the most wonderful experience..."

Calmbirth® Course

- Courses are run over two days or 4 half-day/evenings
- For couples, the best time to attend a Calmbirth® course is between 24-34 weeks' gestation
- After completing the program, couples also receive a Calmbirth® book and relaxation audio tracks to support and assist with practice
- Calmbirth is taught in some major public and private maternity hospitals in NZ, as part of the hospitals antenatal structure
- Rebate is available for most private health funds

Calmbirth® courses are conducted by midwives, doulas and other birth professionals who are registered Calmbirth® Educators. Places are limited so book early to secure your place.

See if you meet the criteria for a Calmbirth class partially funded by Te Whatu Ora | Te Toka Tumai.

Go to: www.pepi.adhb.govt.nz

Te Whatu Ora
Health New Zealand
Te Toka Tumai Auckland



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childbirth education program

REGISTERED
EDUCATOR



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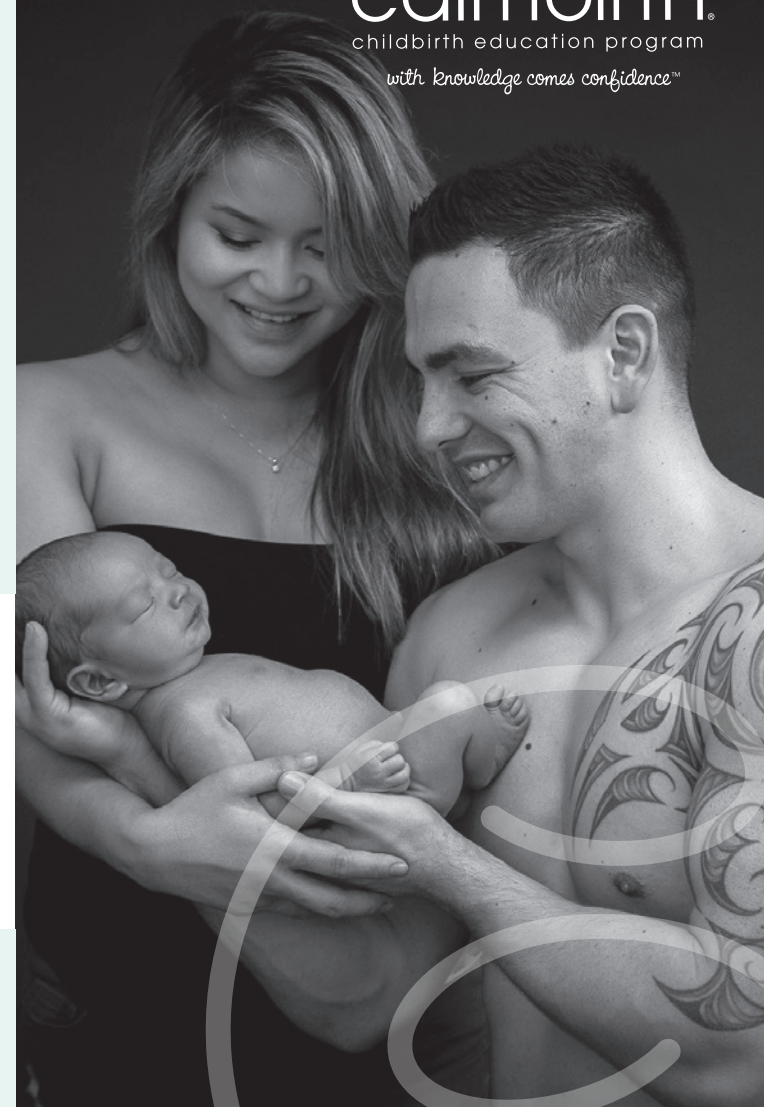
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Calmbirth® would like to thank Maria and Stephen (and baby Max) for allowing us to use their image.



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with knowledge comes confidence™



childbirth course
TE WHATU ORA | TE TOKA TUMAI

What you will learn at Calmbirth®?

Knowledge and Confidence

At Calmbirth®, you and your partner will learn about the **psychology of birth** – how important your beliefs and perceptions are in pregnancy and birth, and how you can support each other to create and maintain a positive mindset.

You and your partner will learn about the **physiology of birth** and how a woman's body works to birth and nurture her baby. Calmbirth® provides knowledge on how you can both work with this process to enhance and facilitate birth.

Tools

You and your partner **will be given effective tools** to work with birth, both physically and emotionally. Tools such as: meditation, visualisation and conscious breath techniques.

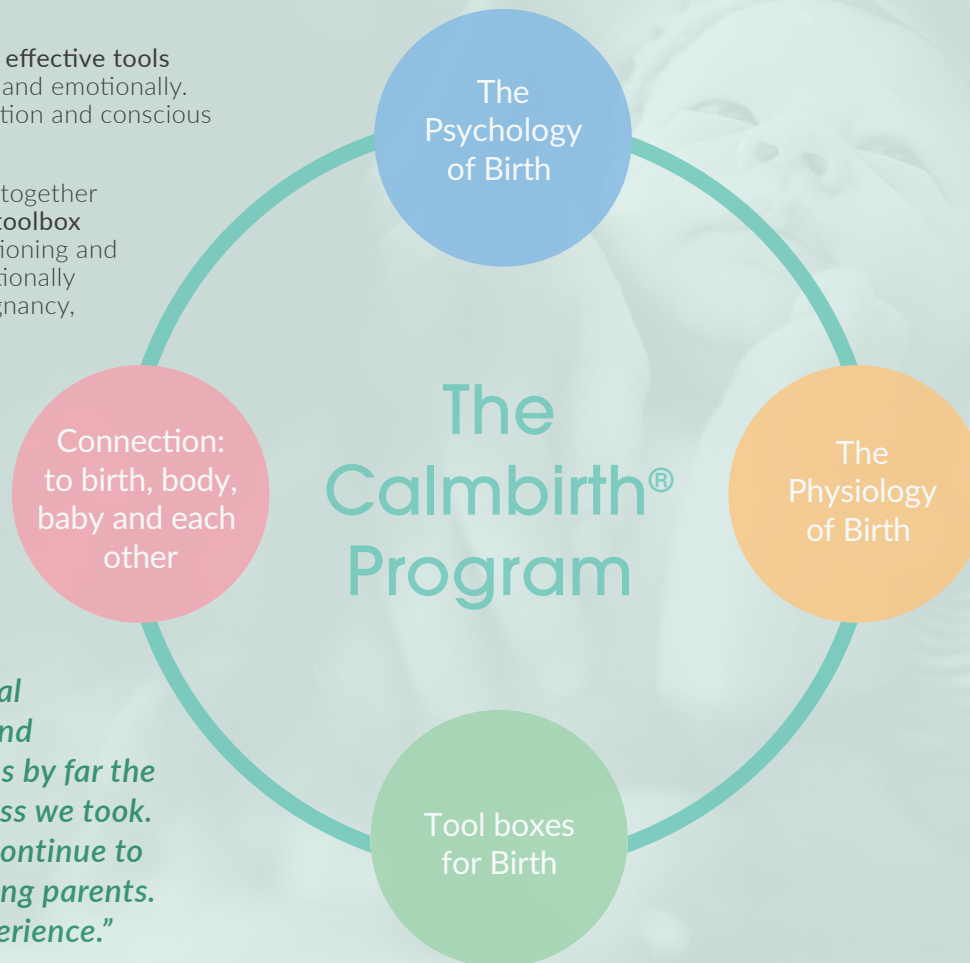
We will also help your partner put together their own **practical and hands-on toolbox** such as massage, active birth positioning and accupressure, to support you emotionally and physically throughout the pregnancy, birth and thereafter.

"I went into early labour at 9am and gave birth at 8.52pm. The midwives at the hospital were super surprised at how quickly I progressed given I was already 6cm dilated when we arrived – all natural with the assistance of gas and tens machine. Your class was by far the best and knowledgeable class we took. We just hope that the dnb continue to provide this class to expecting parents. It was such an amazing experience."
– Maria and Stephen

Connection

Connection is a major theme in the Calmbirth® program; it's not only important to connect the mind and body, but it's also important to connect with yourself, your baby, your birth experience, your partner and caregiver.

For some, this may be a daunting thought; you may be thinking "how do I connect with my baby, or even with myself?". Calmbirth® will give you the **skills to focus on these connections**, and forge stronger bonds with each other and your baby to becoming conscious parents.



The Birth of Calmbirth®



Calmbirth® Founder Peter Jackson, has over 40 years' experience in General, midwifery and Psychiatric disciplines of nursing in Sydney and regional hospitals. He is also a mind-body practitioner with extensive knowledge and understanding of the mind-body

connection in childbirth and how it works. In particular, the role it plays in dictating perceptions in life and birth, which then adjust physiology.

The Calmbirth® program draws on research from neuroscience, psychology, midwifery and epigenetics, and uses extensive understanding of the relaxation response and its influence on birth. Today, the Calmbirth® program continues to be updated in collaboration with experts, including a range of birthing, education and mind-body specialists which ensures the program continues to address the needs of birthing couples at both an emotional and physical level.

"As caregivers it is vital for us to understand this powerful interaction of the mind and body, so that we can facilitate better and more positive birth outcomes, not just physically, but also emotionally for the families that we care for."

"I was pleased with how confident Calmbirth made me feel as I approached my greatest fear! I think it should be taught in all hospitals and to every pregnant woman and her partner..."

