

Hello there,

I can offer you private classes every week until your birth. I will follow the Bradley Student workbook which comes with the hybrid classes. So classes can be in person and digitally. You can mail a deposit of \$200/400 to Enjoy Your Health, LLC 3885 South 9th Street Oshtemo, MI 49077 I can take your credit card information see Forms Phone and Fees link on www.enjoyyourhealth.net .

Please get these two wonderfully books. 1. [Dr Bradley's 5th edition of Husband-Coached Childbirth](#). 2. [Susanne McCutcheon-Rosegg's Natural Childbirth the Bradley Way](#).

Childbirth Questionnaire Tama and Joe Prahlow, AAHCC (American Academy of Husband Coached-Childbirth)

First/Last Names

Emails:

Phones:

HOME ADDRESS

Pregnancy due date

Any concerns with this pregnancy:

From what you already understand:

1. Why are labor drugs potentially harmful?

2. What does Dr. Bradley say about the first time mother and her ability to labor and birth without drugs?

3. When have you witnessed any births?

4. How many siblings, in each of your families ?

5. What kind of learning environment for birth is best for you to learn?

Which *lifestyle habits* do you have:

Any exercise?

Smoking?

Alcohol intake?

weight-management

eating habits

salt, oil, sugar habits?

Personality strengths are in everyone what are your strengths?

What is your attitude about birth? How did this develop?

Where is a La Leche League Meeting/Nursing support group near you (www.lli.org)

Pregnancy ultrasound is pulsed during the office scan and is continuous during labor in hospital. There are pro and con to routine ultrasound. As well as for routine labor induction with Pitocin or Artificially Rupturing your amniotic bag called 'rupturing membranes'. What do you know about research in childbirth as it relates to epidural anesthesia.

What is important to know about you or your pregnancy?

We make a serious commitment to our student couples for a natural birth and like to ask detailed questions. Thank you for filling this out. Tamara and Joe Prahlow, AAHCC