

Lotuscalmbirth Lotuscalmbirth

Birthing With Confidence



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Lotuscalmbirth® provides a comprehensive set of antenatal classes developed for couples to reduce anxiety and fear surrounding labour and birth. This allows mothers to approach birth with composure and confidence.



www.lotuscalmbirth.com.au

For workshop dates please visit the website:
To book or for further enquiries please email:
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How does calmbirth® work?

The idea of deep relaxation to reduce pain in labour is not a new phenomenon. The obstetrician, Dr Grantly Dick Read (1889-1959), through his clinical work and research discovered that by removing fear and tension, pain is diminished.

Calmbirth® draws on Dr. Read's original theory as well as current evidence based research which validates many of his initial observations.

Dr Herbert Benson, cardiologist and founder of the Boston Harvard Medical Institute, states that we can all evoke a bodily calm which has the opposite effect of the well known 'fight or flight' response.

He calls this bodily calm the 'relaxation response'. Through his research he was able to measure how our beliefs, values, thoughts and feelings have physical manifestations.

During calmbirth® classes couples are taught how to evoke this 'relaxation response' by tapping into the subconscious resources we all naturally possess, not only for the birth of your baby but for all life situations.

Classes outline the physiology of the birthing body, emphasizing the role of the muscles, nervous system and hormones prior to, during and after birth.

Breathing techniques are also taught for their powerful effect on the body. Mothers can utilize these skills very effectively during labour and birth, oxygenating the uterus, diminishing pain, inducing calm and bringing back focus so that all situations can be met with calm insight and understanding.

In short, lotuscalmbirth workshops will give you some essential tools to help you manage your approach to labour and birth. The workshops will arm you with information about your babies needs during your pregnancy and after their birth as you embrace your role as a parents.

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Lotuscalmbirth provides antenatal education by an experienced midwife to help you develop a clear and realistic approach to the birth of your baby.

Benefits of calmbirth®

- Reduces fear, tension and anxiety
- Couples develop a thorough understanding of labour and birth
- May significantly reduce pain / pain perception in labour
- Often decreases the need for painkillers
- Can reduce fatigue during labour
- Promotes bonding between couples and their baby
- Empowers partners to have a more integral role
- Prepares couples for unexpected circumstances that may develop during pregnancy, labour and birth

