

Childbirth Education, Birth Doula Workshops & Professional Networking



an online resource
created to accompany

Pre- and Perinatal Massage Therapy:

*A Comprehensive Guide to Prenatal, Labor
and Postpartum Practice
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this resource links to:

Chapter 5, page 154 & 166





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To learn more about the many medical and non-medical options for childbirth, explore childbirth education classes, birth doula workshops and networking opportunities in your local community with other maternity, birth and parenting professionals. Below is a list of common resources to help you get started!

CHILDBIRTH EDUCATION

Contact your local hospitals and birth centers for their childbirth education classes. Also explore independent childbirth educators and their classes in your local community. Below is a list of the most common childbirth education.

International Childbirth Education Association	icea.org
The Bradley Method ^R	bradleybirth.com
Lamaze	lamaze.org
Hypnobirthing	hypnobirthing.com
Leclaire Method	leclaireremethod.com
Birthing From Within	birthingfromwithin.com
Water Birth	waterbirthinfo.com

BIRTH DOULA WORKSHOPS

DONA International	https://www.dona.org
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Childbirth International	https://childbirthinternational.com
International Childbirth Education Association	https://icea.org
Childbirth & Postpartum Professional Association	https://cappa.net

PROFESSIONAL NETWORKING

- acupuncturists
- childbirth educators
- chiropractors
- county and city daily family assistance programs - i.e. Women, Infants & Children (WIC) Program
- doulas (birth & postpartum)
- family lawyers
- fitness professionals
- International Cesarean Awareness Network groups
- La Leche League groups
- mothers of multiples groups
- herbal medicine practitioners
- infant massage instructors
- lactation counselors
- mental health & wellness professionals
- midwives (certified nurse midwives & home birth midwives)
- mother's milk banks
- nannies & babysitters
- newborn sleep consultants



- nutritionists
- parenting professionals
- pediatric occupational & speech therapists
- photographers
- physical therapists (women's health specialty)
- physicians
- placenta medicine practitioners
- safe houses & violence prevention groups
- support groups for moms, partners & parents