

The Essential She Births® Resource Pack

Many mums and dads report that their pregnancy is a time of feeling overwhelmed and confused about the information they receive. The simple act of picking up a book about childbirth, often conflicting with another, or searching for answers on the internet can leave you filled with self doubt and more concern.

At She Births® we have always gifted a huge amount of extra resources to our couples to support, help integrate and practice what is covered in our 2 day course. As of January 2016 we will be offering even more learning resources to every couple in our programs. She Births® Resources are easy to watch or read and will help you stay focused and prepare with ease. They also offer an incredible saving of your precious time and finances.

You will receive these either online through access to our She Births® learning centre and in hard copy at your course throughout your pregnancy journey. She Births® makes the journey easy and enjoyable for you and your partner while allowing you to avoid the distress experienced by so many mums and dads.

Phase 1 – Opening and learning to let go of fear

Phase 2 – Believing that a beautiful birth is possible

Phase 3 – Complete Transformation at the live course

Phase 4 – Integrating and practicing

Phase 1 – OPENING		
Upon Registration and deposit you receive	Format	Value
The 10 Step Guide to Creating a Beautiful Book E-book to begin your preparation and dietary changes	pdf	50
Recommended Reading Guide with links	pdf	10
1 x Short Visualisation for a Calm & Connected pregnancy	MP3	20
5 x Short Birthing Story videos	vimeo	20
Phase 2 – BELIEVING		
Upon Balance of Payment you receive		
10 x In Depth Birthing Story videos	vimeo	100
4 x Long Visualisations – Fear release, Positive Affirmations, Opening & Full Birth Rehearsal	MP3	50
Suggested playlists for labour	mp3	10
Recommended Video Guide with links	PDF	10

PHASE 3 – TRANSFORMING

At your face-to-face course you receive

2 DAY FACE TO FACE COURSE WITH NADINE – for mum and birthing partner	COURSE VALUE	800
Further Resources you receive at the 2 day face-to-face course		
Birthing Massage & Acupressure Tool		20
Birthing Bag with She Births® recommended practitioners		40
She Births® Complete Guidebook including evidence based articles and detailed information for creating a beautiful birth – 110 pages		60
Discounted Belly Belt & Rebozo Scarf for birth		40
Discounted Vanessa Megan products		10% off
Paediatric chiropractic consultation		50
Discounted photography vouchers		150
Discounted massage vouchers		10% off

Phase 4 – INTEGRATING

After your face-to-face course you receive

3 x Birthing Tools & Techniques videos for practice and preparation for labour	vimeo	30
Breastfeeding & Baby Led attachment video	dropbox	20
1 x Long Visualisation for Endocrine Balancing Post Natally	MP3	10
Recommended She Births® Doula List	pdf	30
Microbirth and Immune boosting for your baby DVD	vimeo	20
Parenting Videos – Getting your energy back after birth / Toilet training / Starting solids & daycare	vimeo	20
	Total Value	\$1,600
	Price of the She Births program per couple	<u>\$700</u>
	Your saving	\$900