



# Primal Connection

LAMAZE based Childbirth Education Course  
Mailén parmiggiani- LCCE & Doula

# Childbirth Course



## W H E N T O T A K E I T

We recommend taking it during the second trimester, although you can attend as soon as you know about your pregnancy.

## H O W L O N G D O E S I T L A S T

The course lasts 5 sessions.

The meetings are weekly, lasting 2 hours and a half, each. Yet you can have short or express course if needed.

## W H O I S I T A I M E D A T

It is recommended to attend as a couple, although you can take it alone or with anyone who is closely linked to your pregnancy, childbirth and postpartum care.

# What does it offer

## *Primal connection*

Based on the 6 practices for a safe and healthy childbirth and the LAMAZE fundamentals, this course offers you evidence-based information as a means to reconnect with your innate ability to give birth.



# *A very complete course*

We cannot deny that we are a trinomial: body, mind, spirit. This course is aimed at all three:

## M I N D

You will receive evidence-based information that will allow you to make informed decisions for your pregnancy, delivery, postpartum and early parenting

## B O D Y

Movement is key to a healthy delivery: you will put into practice techniques for pain management in labor, exercises to help position the baby and facilitate labor. You will receive exercise recommendations to do at home, with and without a ball, for a healthy pregnancy and delivery.

## S O U L

Every new or challenging situation in our life presents opportunities for self-observation, reflection, and transformation. Pregnancy is a time of introspection and in childbirth "the chrysalis becomes a butterfly": They will be invited to reflect on motherhood, fatherhood and the conquest of the BEING, finding tools for self-transformation in the birth process

# 1 GIVING BIRTH: THE RITUAL OF PASSAGE

Goals of preparing for labor  
why it is necessary to prepare as a couple.  
Humanized childbirth.  
practices for a healthy and safe delivery.  
Increasing confidence in the ability to give birth.  
Physical, emotional, and spiritual labor  
The opportunity for growth

## RE-CORDARE: **WE ARE MAMMALS**

Understanding the birthing process  
Reconnect trust in instinct  
Hormones involved  
Exploring threats  
Creating the birthing environment  
Relaxation technique



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## 2-3

### PREGNANCY: THE CHRYSALIS

**Body:**  
Female cycle  
Anatomy and Physiology of pregnancy  
Understanding physiological labor  
Recommendations for a healthy pregnancy

**Mind:**  
Emotions during pregnancy  
The mirror towards one's own history  
Exploring parenthood  
Reflecting on our lifestyle  
Guided visualization.

The body houses what the mind and the unconscious hold. To free the pelvic floor, release the mind and body, and allow the baby to cross over, we need to not only identify with the mind but also connect with our body. The following classes offer tools for pain management, releasing the pelvic floor, and, above all, inhabiting ourselves more consciously.

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## 2 SOUL: VOICE AND THE BIRTH CANAL

The voice is one of the most powerful tools; it connects every aspect of who we are. Connecting the glottis/trachea to the vaginal canal. Exploring the voice as a tool for pain relief and pelvic floor relaxation. Conquering your own voice as a life tool, for giving birth, parenting, and being

## BODY AND MIND: PHYSICAL PSYCHOTHERAPY

Theoretical and practical class where you'll work on the psyche, starting with the body. Movement and body awareness exercises. Emotional work through movement.

Guided by: Ana Garduño

**This 2 topics are also offered as 2 full sessions with experts on voice and psychology of movement.**

Guided by: **Violeta Reza Singer** and Doula / **Ana Garduño**, dancer and ps psychologist

PSICOTERAPIA EN *movimiento*



### 3

## BIRTH: PHASES AND STAGES

- Physiological childbirth: stages and phases
- Recognition of each phase
- When to go to the hospital / clinic or call the doctor or midwife
- Recognize prepartum signs
- What to do at home phase
- postures during labor



### 4

## PUSHING STATION AND DELIVER OF PLACENTA

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- It's already 10cm ... now what
- Physiology of the expulsive stage
- Promote the baby to descend
- Mom and baby work as a team
- Time to birth
- Benefits of spontaneous pushing
- Avoid tears
- positions for expulsive Delivery
- What the placenta looks like
- How long does it take to deliver, how to cope with it
- Breastfeeding and placenta

# 4

## C-SECTION AND INTERVENTIONS DOCTORS AT BIRTH::

- When a cesarean is necessary and when not.
- Routine medical interventions
- How to avoid a cesarean section
- Medical interventions that may arise in the first stage of labor
- Possible interventions during the second stage
- Possible interventions in the third stage
- How to avoid unnecessary interventions

## THE BIRTH PLAN?

- Review of phases and stages
- Address the unpredictable.
- Fear of what we can't control
- Anxiety
- Emotions around childbirth and postpartum
- Expectations
- How to make a birth plan

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# 5

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## **NEWBORN CARE** BREASTFEEDING

Importance of the first hour postpartum Bonding and breastfeeding  
How the baby experiences the birth process  
Normal appearance of the baby at birth  
Routine procedures for babies  
Unnecessary interventions  
The pediatrician's role during birth  
Newborn care  
Warning signs  
Visits to the pediatrician

How to get off to a good start  
Colostrum and breast milk  
How breastfeeding works  
Identifying a good latch  
Signs that your baby is eating enough  
Expressing milk  
Who to contact if you have questions  
How to promote successful breastfeeding  
How long breastfeeding lasts  
We can all breastfeed  
Benefits of breastfeeding



## 5 POSTPARTUM:

The body during postpartum  
Common symptoms and warning signs  
immediate postpartum  
The quarantine:  
baby blues  
Life with a baby at home  
The couple in the postpartum  
sexuality  
back to normal  
postpartum plan  
Postpartum closure

## 36 week session REVIEW & GET TOGETHER

In this class, we'll provide a brief summary of the entire course. We'll address any remaining questions. Families who have already given birth will come to share their stories.



*This is suggested to do as you get close to birth or hire Doula Services with me.*

*Classes can be taken in a package of 4 or individually. It's recommended that you attend with whoever will be present at the birth. Mothers-in-law are welcome at no extra cost!*

*temario*



### **5 session**

choose your fav 5 sessions/ one session per week/ 2 hours each session **\$5,500** (five thousand, five hundred pesos)



**SHORT COURSE** \*planned for you, at days and times of your preference / ideal if this is not your first baby or the due date is approaching.

2 sessions, one session per week, 3 hours each session

**\$3,500** (three thousand, five hundred pesos)



**EXPRESS COURSE** > the day and date of your choice. Ideal if you're more than 32 weeks along.

**1 session / 3 hours**

**\$2,500** (two thousand, five hundred pesos)

*You choose!*

Also, ask about the workshops of

## BABYWEARING AND BIRTH STORIES

Shared session with couples who recently welcomed their babies  
Listen to a birth story from a guest couple, Babies and toddlers welcome.

we talk about, Physiological Development  
Benefits of Babywearing  
Rebozo Practice for Pregnancy and Newborns

*To this class you can attend pregnant, or with your baby or toddler.*





## POSTPARTUM CLOSURE

A private session, exclusively for postpartum women. Recognize the postpartum period with all its ups and downs. Receive support and close both the pregnancy that ended and the body that needs to close after giving birth. includes massage, herbal bath and closing

with shaw  
**\$2,000.-**

**3h long**

**MAKE YOUR APPOINTMENT**

## BLESSINGWAY

Welcome ceremony for the expectant mother and her baby, surrounded by her loved ones. Altar, augury circle and birth necklace / Belly painting / Music and songs / Addition rite

**\$6,000 - for up to 12 people 3 hours duration CALL US TO MAKE YOUR APPOINTMENT**

## BELLY PAINT

A shared session with other women experiencing this stage of their lives, during which they receive a belly painting done with hypoallergenic, water-based body paint. Ideal for celebrating your pregnancy or as a gift for baby showers or photoshoots! You can come with someone. During the session, we'll discuss pregnancy and birth options.

**GROUP: \$800.-**  
**PRIVATE: \$1,000.-**  
**By appointment only>**

**Check out photos at**  
**[www.ilustradoulamailen.com](http://www.ilustradoulamailen.com)**





## BREASTFEEDING CONSULTATION

Home visit, up to 3hs if needed. We work together through the most common breastfeeding issues. If any more complex situation is detected, i contact you with the professional in the area.

**\$800.-**

**3h long**

**MAKE YOUR APPOINTMENT**



## THE VOICE FOR BIRTH

One 3hs session where we work to master the voice as a tool to facilitate childbirth and help us manage labor pain. Likewise, to develop the voice as a tool for parenting.

**\$ 800 / couple**

**\$500- single**

**Ask about upcoming sessions**

## BELLY CAST

A plaster mold of your belly ready to hang on baby's room wall, or as a container to bury placenta with.

Cast session- about 2hs

Then i work on it, paint it and is ready to collect or ship in 7 up to 15 days.

**\$4,500-**

**By appointment only>**

**Check out photos at  
www.ilustradoulamailen.com**





*Mail'en Parmiggiani*

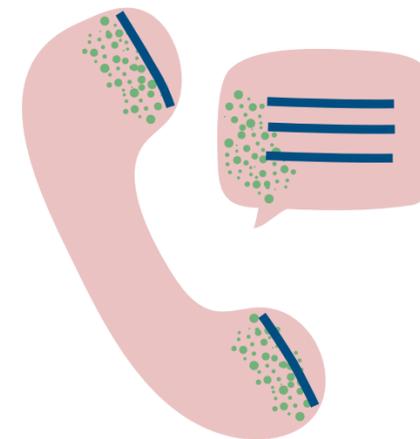
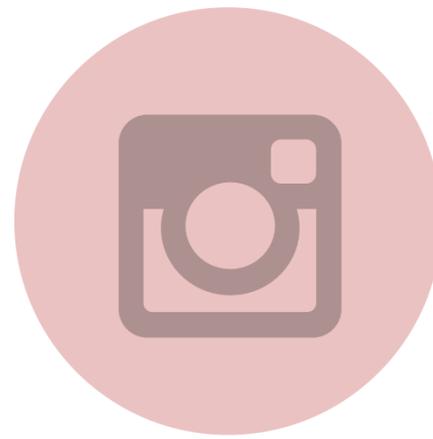
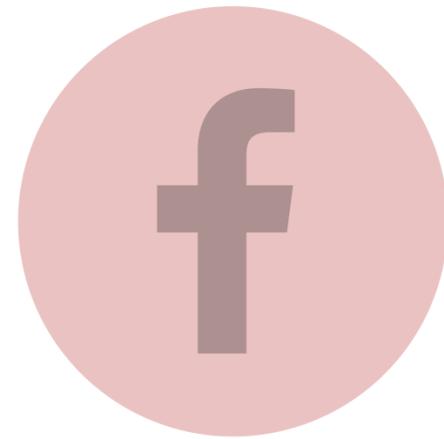
Childbirth Educator and Doula Lactation

**Appointments and consultations:**

**(+51)5528516433**

[WWW.ILUSTRADOULAMAILEN.COM](http://WWW.ILUSTRADOULAMAILEN.COM)

*Lets connect*



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# *An english classes*

Weekly clases you can join any time

**FRIDAYS 6pm**  
**playa del Carmen**





WWW.ILUSTRADOULAMAILEN.COM

# *Primal Connection*

Preparing for the most important event of your life makes all the difference.

Evidence-based information to reconnect with your innate ability to give birth

LAMAZE-BASED CHILDBIRTH EDUCATION

**(51) 55 28516433**

Mailén Parmiggiani

Childbirth Education - Playa del Carmen