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here is a holistic approach to childbirth that examines this profound rite of passage not as a medical event but as an act of self discovery exercises and activities such as journal writing meditation and painting will help mothers analyze their thoughts and face their fears during pregnancy

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what can you do to prepare for labor take a class the most important thing parents to be can do to prepare for labor and delivery is to take a childbirth class the choices are wide and varied but most cover relaxation techniques how to breathe various labor positions pain relief options and some tips related to basic newborn care

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presents information to help you choose your maternity care provider and place of birth practical strategies to help you work effectively with your care provider information on how pregnancy and birth progress naturally steps you can take to alleviate fear and manage pain during labor

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the birth partner includes thorough information on preparing for labor and knowing when it has begun normal labor and how to help the woman every step of the way epidurals and other medications for labor pitocin and other means including natural ones to induce or speed up labor non drug techniques for easing labor pain cesarean birth and

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