



Dr. Shawn A. Schmidt

The Bradley Method of Natural Childbirth by Barb Hake, AAHCC

Preparing for the birth of a child is a very exciting time for most couples. Prospective parents find themselves wandering through the baby department of Dillards or matching paint and wallpaper at Home Depot. **Less thought, however, is sometimes given to which childbirth education class is right for them and their baby.** All too often parents are led to believe that all childbirth classes are the same. Nothing could be farther from the truth!

The Bradley Method of childbirth began in 1947 through the work of Dr. Robert Bradley. **Dr. Bradley believed that at least 90% of well-trained parents could experience labor and birth naturally, without harmful drugs.** His practice in Denver, Colorado flourished as mothers began once again to believe in their bodies, and fathers were invited to become an integral part of the miracle.

The Bradley Method emphasizes being a good consumer and taking responsibility for your birth. We teach the laboring mother to relax completely and use normal, rhythmic, abdominal breathing during contractions, tuning into their bodies. Fundamental to all Bradley classes are the beliefs that excellent nutrition and exercise build the foundation for a healthy pregnancy.

Unlike other childbirth classes, Bradley Method classes last for 12 weeks. This gives coaches the time they need to become confident in their duties, and it provides mothers enough time to become experts in relaxation.

Bradley instructors go through a rigorous certification process and fulfill requirements each year to remain affiliated. All of the Omaha area Bradley instructors are experienced natural childbirth parents. Classes are available year round.

Childbirth is a natural, joyful event, not a medical crisis. Occasionally medical intervention is necessary and appreciated. There is, however, an appropriate time for intervention and an appropriate



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time to let nature take its natural course. **Natural childbirth is hard work, but our children deserve it.**

For information about local classes contact:

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For a national directory of Bradley teachers contact:

**The Bradley Method
Box 5224
Sherman Oaks, CA
91413 — 5224
(800) 4-A-BIRTH**