

Growing Healthy Families

Maternal Health Awareness Day: 1/23

Baby and Me Yoga

Share the gift of yoga with your little one, and learn exercises you can do with your baby for better sleep and digestion, less fussiness, and greater body awareness.

Saturday, January 11
9:15 AM - 10:05 AM
\$20

Milk Parties!

This FREE support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women. Come and share your victories about breastfeeding and receive help for your challenges. This is a great way to receive support and offer support to other moms in return!

Mondays, January 13 & 27
9:30 AM - 10:30 AM

Prenatal Yoga

5-Week Series

Release tension and deepen your connection with your body and your baby by learning ways to move your body in ways that can prevent or ease common discomforts of pregnancy.

Mondays, January 6 - February 3
5:30 PM - 6:20 PM
\$80

Prenatal Breastfeeding Class

This hands-on, interactive class will give you the knowledge you need to feel ready to meet your baby and start the breastfeeding journey. Moms are encouraged to have a support person come along for the class.

Saturday, January 18
9:00 AM - 12:00 PM
\$75



Prepare for Your Best Birth

Lacy Knipper, Certified Birth Educator and Prenatal Yoga Instructor
Becky Franzen, International Board-Certified Lactation Consultant, IBCLC

A common story we hear from parents is, "I wish I had known that before my first birth." Many families share that they thought it would all come naturally or that they would be taught how to give birth or breastfeed in the hospital. In reality, there is a lot that moms and partners need to know to be fully prepared to welcome their little ones. So how can moms and partners best prepare?

1. Learn about proper nutrition for pregnancy and postpartum.

Excellent nutrition in pregnancy has been shown to prevent preeclampsia, anemia, preterm labor, and other complications, as well as being supportive of breastfeeding. Connect with someone well-versed in the current research on prenatal nutrition and fuel your body and your baby well!

2. Take a birth class independent of the place you intend to give birth.

Find a class that takes an evidence-based approach to birth, giving you and your support person labor stage-specific techniques and the tools you need to advocate for family-centered care.

3. Enroll in an integrated prenatal yoga class.

Find a class that includes movement and breathing techniques that will add to your comfort in pregnancy and labor. Look for an instructor who is knowledgeable about birth, how to prevent or alleviate pregnancy discomforts, and how to encourage optimal fetal positioning.

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Your birth plan is an important tool in facilitating discussion with your care provider on how you can work together toward a positive birth experience, as well as helping your entire birth team provide personalized care during this special day. Offering one-on-one appointments for birth planning and private yoga session, as well as workshops including:

- Prenatal Yoga
- Baby & Me Yoga
- Your Birth: Beyond the Basics
- Comfort Measures for Birth
- Milk Parties!
- Prenatal Breastfeeding Class
- Postpartum Support Group

Testimonial Corner:

"I have been thinking about you (Becky) and wanted to check in to give an update on Theo. We have been exclusively breastfeeding ever since our appointment with you and it has been the most rewarding journey these last 4 months! I am so thankful I was able to learn from you and continue to have this special bond with my baby. We have even mastered the side lying position for the middle of the night feeds! Thank you again for all that you do, you are much appreciated."

4. Take a prenatal breastfeeding class independent of the place you intend to give birth.

Find an in-depth class focused on specific techniques you can use immediately following birth, as well as how to be successful with feeding in the early days and weeks at home. Taking a class before birth allows you to form a relationship with your lactation provider so you are comfortable reaching out after birth.

5. Connect with a breastfeeding support group in your community.

All moms and babies deserve support while navigating the early weeks and months of breastfeeding and pumping. Look for a group that is inclusive to all families and allows you to attend regardless of where you give birth.

6. Explore your options for a supportive provider.

Understand all the available options in your area. Talk to a local independent birth educator who is familiar with the way various providers practice for a starting point in your search.

7. Create a birth plan that goes beyond hospital-provided checklists.

Discover your full range of birth options, determine your preferences, and communicate them clearly and concisely in a written birth plan. Use that birth plan as a communication tool with your birth team beginning in your second trimester.

8. Create a plan for postpartum support.

Build a postpartum plan ahead of time - think about the needs you will have and who you can call on for support. Your postpartum team can include your lactation consultant, postpartum doula, you and your baby's care providers, and others. Attend a breastfeeding support group and connect with other moms during pregnancy so you are more comfortable attending once the baby arrives and stay in touch as your babies are born.

To view the full article, visit the "more" tab on our website.

At Statera we offer traditional medicine, holistic healing, fitness, and nutrition to support your health and wellness mind, body and spirit. Our multidisciplinary team of professionals work together to provide individualized care for your unique needs and goals.

**Not sure where to start?
Schedule a free 20-minute consultation!**

