



Philosophical Assumptions & Guidelines for Childbirth Classes

- *Childbirth is a profound rite of passage, not a medical event (even when medical care is part of the birth).*
- *The essence of childbirth preparation is self-discovery, not assimilating obstetric information.*
- *The mentor is “midwife” to the parents’ discovery process, not the expert from whom wisdom flows.*
- *Childbirth preparation is a continually evolving process (for parents and mentors), not a static structure of techniques and knowledge.*
- *Parents’ individual needs and differences determine the class content.*
- *Active, creative self-expression is critical to childbirth preparation.*
- *The purpose of childbirth preparation is to prepare mothers to give birth in awareness, not to achieve a specific birth outcome.*
- *Pregnancy and birth outcome are influenced by a variety of factors, but can’t be controlled by planning.*
- *In order to help parents mobilize their coping resources, it is critical for childbirth classes to acknowledge that unexpected, unwelcome events may happen during labor.*
- *Parents deserve support for any birth option which might be right for them (whether it be drugs, technology, home birth, or bottle-feeding).*
- *Pain is an inevitable part of childbirth, yet much can be done to ease suffering.*
- *Pain-coping practices work best when integrated into daily life, rather than “dusted off” for labor.*
- *Fathers help best as birth guardians or loving partners, not coaches; they also need support.*
- *For parents, pregnancy, birth, and postpartum is a time of continuous learning and adjustment; holistic support and education should be available throughout that period.*

Feminine Earth BIRTHING FROM WITHIN® Childbirth Preparation Classes Policy

I understand that I am enrolling in a 12-hour holistic childbirth preparation class series (either by way of group classes or private sessions), and that in order to hold my space, a \$50 non-refundable deposit must be paid at least two weeks before class series, starts, with the remaining amount due on the first night of class. I understand that no refunds will be given once class series has started, as tuition is used to secure classroom teaching space and purchase all supplies needed for class.

I also understand that my BIRTHING FROM WITHIN® Mentor, Melissa Marks, does not give medical advice, and I agree to consult my midwife or doctor before making any medical decisions. Therefore, I agree to save Melissa Marks and Feminine Earth Childbirth Services harmless from any and all liability, liens, claims, demands, damages, expenses, fees, costs, fines, penalties, suits, proceedings, actions, and causes of action of any and every kind and nature arising or growing out of or in any way connected with participation in BIRTHING FROM WITHIN® classes.

By signing below, I acknowledge that I have read and understand the above BIRTHING FROM WITHIN® Philosophical Assumptions and Guidelines for childbirth classes and the **Feminine Earth BIRTHING FROM WITHIN® Childbirth Preparation Classes Policy**.

SIGNATURE: _____

DATE: _____



Mother's Full Name: _____

Age: _____

Due Month: _____

Birth Partner's Name: _____

Partner's Age: _____

Relationship to Mother: _____

Phone Number: _____

Mailing Address: _____

E-Mail Address: _____

Care Provider's Name & Phone Number: _____

Where do you plan to give birth? _____

Are you registering for group classes or private sessions? _____

If group classes, which start date (see schedule)? _____

If private sessions, what dates and times do you have in mind? _____

How would you describe your pregnancy so far? _____

Is there anything else you'd like me to know about you, your partner, or your upcoming birth?
