

What Women Need for a Safe and Satisfying Birth

1. Continuity of Care

Shown in studies to improve outcomes for moms and babies by insuring that mom feels safe and cared for. Having a hard time finding a care provider? Come and check out our directory of holistic friendly providers.

The Breastfeeding Center at WRM. Develop a relationship with a lactation counselor before your baby even makes their appearance! Our lactation counselors teach classes, visit you in your home as well as in the hospital, and offer private consults as well as free group consults here at The Center. The Breastfeeding Support Team: Zena Gresham IBCLC, Jollina Simpson CLC, Wyndee Forrestt CLC, Tiffanie Gonzales CLE, Stephanie Stephens CLE, Jackie Georgiou CLE, & Mandie Medford CLE

2. Ability to Move and Change Positions

This helps allow baby to get into the correct position, allows gravity to assist, and helps mom feel more comfortable.

Yoga & Belly Dancing. Get in touch with your body's innate wisdom through yoga. Yoga can help you reconnect with your body, mind, and spirit as well as with the life that is growing within you. Learn safe exercises for your ever-changing body that will help strengthen the uterus and pelvic muscles, improve circulation, bring flexibility to the spine, and aid in digestion. You will also learn relaxation techniques and ways to alleviate common pregnancy issues such as varicose veins, sciatica, back pain, nausea, constipation, and swelling. Class is an open forum to talk about your experience and any questions you may have about this special time. Give a beautiful gift to yourself and your baby. We hold classes weekly. Instructors: Christen Carroll, Tara Cridland, & Bonnie Morris

3. Privacy

Birth is a very intimate experience and no mom wants to feel like a "watched pot".

Midwifery Services. This is your place for wellness through pregnancy, labor, birth, and postpartum. Whether you are planning on a natural child birth or simply considering your birth options one of the midwives here can help you achieve the birth of your dreams.

4. Feeling Safe and Protected

If mom in labor loses this feeling she will have an adrenalin rush that can completely stop labor.

Momma's Circle. Becoming a mother and forming a family is an exciting time in your life. It's full of joy and discovery, but can at times be overwhelming and even isolating. WRM acts as a community hub for new moms, much like the local park, but with one distinct advantage: we're open rain or shine. We invite you to come meet other new and expectant parents in one of our professionally facilitated Momma's Circle Class. You'll feel welcome in our comfortable, relaxing, and supportive setting in which you can swap stories, ask questions, and find support on a daily basis. Discussions range from parenting styles to sleep and feeding challenges, and always promise plenty of laughter along the way.

5. Competent Medical Care without unnecessary Interventions

Sometimes things occur in an otherwise normal birth that requires medical assistance. However, intervention in the normal process of birth can cause a cascade of more intervention and more risk.

Childbirth Preparation Classes are designed to help the expectant mother and her partner to have a positive birth experience. By using intuition to engage in the physical aspects of labor, deep relaxation to calm their anxieties, and knowledge to make decision, a woman allows herself to surrender to the experience and thus remains "in control" of her birth. Participants will learn physiological aspects of pregnancy, labor and delivery, review research based pros and cons of common medical interventions, and extensive relaxation work. Partner's participation is strongly encouraged, but not required. Birthing From Within: Naomi~, HypnoBirthing Instructors: Jackie, Mandie, & Marcie~ Lamaze – Celebrate Birth: Instructor: Jollina ~iCare Course: Kim & Sherry

6. Female Support

What is a doula and why would you want one? What if you already have a husband or partner who plans to be actively involved? How do you find the right doula for you and your family? Can you afford one? (Yes)

Join other new and expectant parents at The Center for ***The Meet the Doulas Night/Open House*** held on the last Friday of every month at 7:00 pm. Doulas working in the Las Vegas, NV area will be on hand to answer your questions, offer personalized referrals, and represent some of the wonderful variety of personalities, ages, backgrounds, and skills you can find in a birth or postpartum doula. Time is also provided for parents to meet individual doulas in brief “get acquainted” interviews.

7. Availability of Food and Drink

Labor is the hardest work you will ever do. You can not expect to successfully run a marathon with no calories.

At the ***WRM Boutique***, we carry the best in Pregnancy comfort products, Postpartum Wellness and Comfort, Breastfeeding Supplies and Comfort Products, Babywearing Supplies and Education, and overall total body health products!

8. Trust and Confidence in Self and in the Birth Process

“I think I can, I think I can”

9. Environment that facilitates Relaxation

Pregnancy massage focuses on giving the mother-to-be the special attention she needs, which helps to nurture the new life that is growing within her. Massage by a certified pregnancy massage therapist offers many benefits. Our therapists have specific knowledge to alleviate pain, understand all stages of your pregnancy, and lend emotional support. To keep both mother and baby safe and comfortable during their massage, The Pregnancy Massage Center administers massage in a side-lying or a semi-reclined position.

Reiki helps the mothers and their babies, throughout pregnancy and during birth, with universal love and healing. It is the best way of healing, as all you have to do is to put your hands on yourself and pass on all your love to your unborn baby.