

The Bradley Method Student Workbook

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The Bradley Method emphasizes the husband being the coach/doula, taking steps to avoid unnecessary medical interventions, being educated in yo What an amazing class and workbook!!! We learned SO much during the last 12 weeks about pregnancy, labor, delivery and caring for a baby during the first month.

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Choose your shipping method in Checkout. Costs may vary based on destination. Seller's Description: Good. Size: 4to-over 9¾-12" tall; Type: Book 2 BOOKS FOR \$69.95. Book is 5th Ed by Dr. Robert Bradley. updated and expanded. The workbook is designed to accompany a 12 week childbirthing class. 9 pages have notes or underlining. Contact This Seller

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The Bradley Method emphasizes that birth is a natural process. Your encouraged to trust your body and focus on diet and exercise throughout pregnancy; and it teaches couples to manage labor through deep breathing and the support of a partner or labor coach.

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The Bradley Method® series is designed for small classes with lots of individual attention. The standard length is 12 weekly classes covering 12 units of instruction. The Student Workbook is included with classes. It has over 130 pages with over 75 pictures and illustrations. Your local teacher of The Bradley Method® is an independent affiliated instructor.

~~Bradley Method of Natural Childbirth~~

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The Bradley method of natural childbirth (also known as "husband-coached childbirth") is a method of natural childbirth developed in 1947 by Robert A. Bradley, M.D. (1917–1998) and popularized by his book Husband-Coached Childbirth, first published in 1965. The Bradley method emphasizes that birth is a natural process: mothers are encouraged to trust their body and focus on diet and exercise throughout pregnancy; and it teaches couples to manage labor through deep breathing and the support ...

~~Bradley method of natural childbirth—Wikipedia~~

The Bradley Method® classes are relaxed and fun! We work through the Student Workbook with group discussion, practice relaxation techniques, and rehearse labor scenarios and positions. Small groups are ideal for group discussion with a community of like-minded couples learning about pregnancy and natural childbirth.

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