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Everyday Miracles is a charitable, nonprofit organization dedicated to reducing health disparities in our communities. The program was founded in 2003 with the mission to strengthen families through the parenting experience, by supporting and empowering mothers during pregnancy. As of January 2009 Everyday Miracles has provided perinatal education and doula services to over 1000 families. We provide pregnancy and labor support as well as prenatal education in a supportive, non-judgmental community for at-risk pregnant women who desire our services, regardless of age or culture. Our primary objectives are to improve birth outcomes, parent infant attachment and breastfeeding skills.

Our doulas are very passionate about working with women and families during the childbearing year and it shows in their dedication to every woman they work with.



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Everyday Miracles

Pregnancy Center



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Expecting Miracles

Birth & Family Education

Supporting birth, one miracle at a time.

Expecting Miracles

Six week, rotating birth and family education series

“Expecting Miracles” is a peer driven child-birth education class taught in a format that allows women and families to choose which topics most interest them. Each week will explore a different topic in depth. The curriculum allows

significant flexibility to explore certain topics in more detail as class participants feel is necessary. In addition, families are welcome to attend each topic as many or as few times as they like according to their needs. Each week you will be given an opportunity to talk with other women after class in a mom’s group setting. We hope that participants will take this opportunity to form their own community with other women and families.

The following is an overview of the series topics. To register for a class, please speak with your doula or call the center and speak with anyone on staff.



Week 1—Introduction to Pregnancy

This week includes a detailed discussion of the basic anatomy of pregnancy. We will discuss what you can expect of your changing body, how to take care of yourself during the rest of your pregnancy, including some techniques to help relieve some of the common discomforts of pregnancy. Also included is a discussion of what a doula is along with learning to recognize the early signs of labor.

Week 2—Labor & Birth Basics

This week we will learn about the basics of how babies are born, what the stages of labor are, how the position of your baby affects the birth and what you can do to help your baby achieve optimal position for birth. During our discussions about birth, the normalcy of birth is stressed. The goal of this session is to encourage women and families to better understand the natural progression of birth, it’s stages, the woman’s body and hormones before during and after birth, and to help women to trust the process of birthing so that they feel safe and confident.

Week 3—Comfort Measures

During this interactive, hands on session we will practice some common, non-medical, comfort measures to help manage the discomforts of labor and birth. You will be encouraged to participate with your partner and/or doula by practicing different positions, massage, movements, and breathing. We will discuss the benefits of non-medical pain relief for mother and for baby.



Week 4—Interventions & Birth Plans

During this session you will have the chance to learn about the most common interventions and medications women face during pregnancy, birth, and postpartum. Included is a detailed discussion of the most common interventions, including their risks and benefits. At the end of the session we will briefly discuss how to develop your birth preferences with your doula.

Week 5—Mom & Baby Care



This class covers the care of the new Mom and baby after birth. What changes to your body you can expect after your birth? We will cover basics of how to care for a newborn, and what a normal,

healthy newborn looks like. We will also discuss your postpartum support system; who do you have in place to help you after the birth of the baby? In addition we will discuss the importance of bonding with your new baby.

Week 6—Breastfeeding

During this week you will learn about the benefits of breastfeeding for you and your baby. You will be provided with a basic knowledge of the anatomy and physiology of breastfeeding, along with information about typical feeding behavior, recognizing feeding cues, and how to be assured that your baby is getting enough milk. The objective is that you will walk away from this session with the confidence to breastfeed your new baby and be armed with additional resources to support you if needed. This class also covers the pumping and storing breast milk for your baby.