

## January 2007 PCAPE Newsletter

### Practical Childbirth and Parent Education

#### Practical Style

Signature Style is a column in House and Garden magazine that profiles the (extravagant and expensive) signature style preferences in shoes, sheets, jewelry, gifts, fragrances, dinnerware, and everything imaginable of the featured style-setter. In contrast, I try to feature versatile, cost-effective teaching resources for childbirth and parent educators. "Versatile" and "cost-effective" are the key words. That does not equate with "free" or "inexpensive", although I have favorites in those categories, too. Each newsletter of 2007 will include a mix of my old favorites and new finds that update my classes. I began teaching Lamaze childbirth preparation classes and hospital prenatal classes in 1972.\* (No, I am not using any of those materials except for classics like a pelvis, knitted uterus, infant teaching doll, etc.) In our practice sessions with music to promote relaxation and support patterned breathing, I ask the expectant parents to bring in their own CD's. My current class was interested in my musical preferences, asking if I would select music from my personal collection for the back labor, difficult labor and transition practice session.\* To their surprise I played (at only a moderate volume) My Sharona. I'm surprised that no one went into pre-term labor! And I don't think anyone even heard the lyrics!

These are my practical style choices for January 2007:

**Physical Fitness for the Childbirth Educator and Doula:**

I keep in shape by exercising with Bellydance for Wimps: moves for the agility impaired.

Available in DVD from [www.naturaljourneys.com](http://www.naturaljourneys.com) Exercise with this, or other CD's when you cannot attend exercise class. Practice in front of a mirror to check your posture.

**Book:**

Teaching Pregnancy, Birth and Parenting: A Childbirth Educator's Perspective.

Marcy White, author. \$15.00 available from the ICEA Bookcenter.

phone toll free 1-800-524-4934

request a 35 page print copy of the catalog from ICEA, PO Box 20048, Minneapolis, MN 55420

**Online Store:**

Online Educator's Store at  
[www.childbirthclasstogo.com](http://www.childbirthclasstogo.com)

This is the source for Expectancy Resources products, my line of childbirth and parent education materials.

**Of course my products have to be listed in my favorites. I sold the business in 2000 to FemmEdInc.**

**Only you can select which materials from the myriad of available choices meet your signature style.**