

Hilary Shirven BBB

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Hilary became a pregnancy and childbirth professional following intensive training with two nationally recognized childbirth organizations.

To further her training, Hilary recently attended a Spinning Babies® seminar to better understand how the baby's position in the womb affects labor. She is excited to bring the techniques she has learned to pregnant moms to improve their chances of an easier birth.

Hilary has been helping moms enjoy healthier pregnancies and minimize the risk of complications through education. Hilary's primary areas of interest are the active role a baby takes in birth and fetal positioning.

Serving Peoria, IL, and surrounding areas

Class date & time:

Call or e-mail Hilary for upcoming schedule

Local Sponsor:

API of Peoria

www.apipeoria.org

childbirth@apipeoria.org

Julie Harvey

+1 (309) 446-9973

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BabyBodyBirth

love your baby / nourish your body / cherish your birth™



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nourish your body /
cherish your birth™**

Sponsored locally by API of Peoria
Peaceful Parenting for a Peaceful World

Why take classes?

Our birth experiences affect the way we mother and how we feel about ourselves. These feelings surrounding birth stay with us. Therefore, it is essential for women to educate themselves for a satisfying birth experience. Students signing up for all three classes (*Body, Birth, and Baby*) receive a \$50 discount.

Classes available

Body

Number of sessions: 2 (2.5 hours each class)

Recommended for: Pre or early pregnancy

Fee: \$50

Description:

B Nutrition /

Calories and weight gain; Best protein, carbs and fats needed to grow a healthy baby; Vitamins and minerals and how they are absorbed by the body; Power foods; Supplements; What to avoid in your food and environment; Food safety; Relationship of food to pregnancy symptoms and common problems.

B Exercise /

1st trimester; Core strength; Endurance; Flexibility; Monitoring yourself; How to avoid pregnancy aches and pains.

B Changes during pregnancy /

Anatomical, hormonal and psychological changes (a.k.a. 'What is going on in my body and head?').

B Testing & procedures /

Routine tests to expect; How to 'read' your results; What to ask for; When NOT to worry; Resources for more information and support.

B Relaxation /

Why start now? How relaxation helps during pregnancy and preparing for baby; Basics of relaxation; Practice.

Birth

Number of sessions: 5 (2.5 hours each class)

Recommended for: 16 to 30 weeks pregnant

Fee: \$125

Description:

B Labor & Birth /

Physiology; Optimal positioning of baby for birth (in association with Spinning Babies); Labor and birth positions; Pain management (drug and drug free methods); Maternity procedures; Cesarean surgery and recovery.

Baby

Number of sessions: 2 (2 hours each)

Recommended for: 25 to 34 weeks pregnant

Fee: \$40



Description:

B Newborn care /

Attachment needs; Tests and procedures; Basic care (cord, diapering, etc.); Sleep patterns (or lack thereof!); References on special needs newborns (including NICU care); Newborn assessment (jaundice, fever, getting enough to eat, etc.).

B Breastfeeding /

How breastfeeding affects the mother and newborn; How formula feeding affects the mother and newborn; Techniques for successful breastfeeding.

B Postpartum /

Self care; Special needs of the new mother; Adjusting to the many changes; Maximizing help offered; Postpartum depression.

To register:

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Location: Universalist Unitarian Church / 3000 West Richwoods Boulevard / Peoria / IL

Fee: As listed for individual classes or \$165 for all three classes (\$50 discount). Access to API of Peoria affiliation benefits are included.

Make checks payable to: Hilary Shirven / 2013 North Ellis Street / Peoria / IL / 61604

BabyBodyBirth[®] is not affiliated with API of Peoria or the Universalist Unitarian Church. Hilary appreciates the support of these organizations including assistance with marketing and space availability for classes.