

crescent moon
childbirth services



Re-Birth Childbirth Education Retreat—one day from 10am-4pm
For upcoming dates, check out our calendar on our website or call us.

Contact: Office Phone: 604-535-1175 Fax: 604-648-9791 info@crescentmoonchildbirth.org

Clinic Location: Upstairs (entrance around right side of the coach house) at 201-2775 McKenzie Ave (at Beecher) in Crescent Beach.

Parking: Street parking.

What your registration fee includes:

This package includes an optional early pregnancy class, the Re-Birth retreat, a sibling prep class, a reunion class, free drop-in breastfeeding/new parenting sessions for the first year, and a free drop-in card for Semiahmoo Family Place--for a value of over \$350.

What to bring: Pillow, pen or pencil, and copy of Baby's Best Chance (if you have one).

Sunday 10am-3pm: Classes are flexible based on the needs of the class. We may cover introductions, third trimester issues, and normal birth, including comfort measures. Other topics may include variations, breastfeeding, and life with baby---other topics are available on the final sheet in this packet.

Saturday 3pm to 4pm: Sibling preparation class for the brothers and sisters, with parents present.

Reunion Class: After all of the families have had their babies, we will have a final class to meet everyone and hear about your 'birth-days'.

Refund and Cancellation Policy: You will receive a full refund if you provide notification 10 days prior to the first class. No refunds are available after class has begun, however full refunds will be given to those who give birth prematurely or experience a miscarriage and are therefore unable to attend any part of the classes. There is a \$10 processing fee for all refunds. CMCS reserves the right to cancel classes due to low enrollment. If your class is cancelled for this reason, you will be notified and given the opportunity to sign up for the next available session. In the event of course disruptions, beyond the control of Crescent Moon Childbirth resulting in course cancellation, fees will be refunded on a pro-rated basis depending on the number of classes scheduled before the disruption began.



Registration Form

Dates of the class you would like to attend: _____

Name: _____

Address: _____ Postal Code: _____

Phone Number: _____ Email address: _____

Husband/Partner/Labour Support _____

Phone Number: _____ Email address: _____

Is this your first pregnancy? ? yes ? no

Do you have children? ? yes ? no If yes, their ages? _____

Are you carrying multiples? _____

Where do you plan to give birth? _____

What is (are) the name(s) of your primary prenatal healthcare provider(s)?

What week are you in, and what is your estimated due date? _____

How you are feeling about your pregnancy and parenting right now? _____

How did you hear about us? _____

What books have you read, or are planning to read? _____

Is there anything else that you would like your childbirth educator to know? _____

Checklist (for your convenience)

1. To register, please call 604-535-1175 to confirm the date you want is still available.
2. Ensure your cheque is made out to *Crescent Moon Childbirth Services*. You may also pay by credit card at 604-535-1175.
3. Please return this registration form to:

**Crescent Moon Childbirth Services,
201-2775 McKenzie Ave,
Surrey, BC V4A 3H5
Or via email to info@crescentmoonchildbirth.org
Or by fax 604-648-9791**

Thank you for sharing your birth experience with us!

Possible Re-Birth class topics

General Questions about pregnancy

Caregiver options: OB/GYN, Family Doctors, Midwives

Informed Consent and Choice

Hospital and Homebirth options

What are birth and postpartum doulas

Complementary Therapies while pregnant and postpartum (e.g. Acupuncture, Herbs, Massage)

Nutrition and exercise

Baby and new mom essentials

Breastfeeding resources and accessories

Sleeping options for baby

Diapering options and cloth diaper demo

Baby sling demos

Twins

Late changes in pregnancy

Physical and emotional changes

Comfort Measures

Labour and Birth overview

Stages of labour (early, active, transition)

Timing of contractions

Signs of labour

When to come to the hospital/call your caregiver

Pushing and delivery

Coping Strategies and Pain relief options

Breathing awareness

Relaxation

Non-pharmacologic strategies

Birth with Hypnosis

Variations in birth

Labour Medications

Assisted Delivery

Postdates

Long early labour stage

Cesarean Birth

Your amazing newborn(s)

Newborn behavior and abilities

Newborn appearance

Strategies to calm a crying baby

Newborn Care

Newborn tests and procedures (*PKU, vitamin K, erythromycin*)

Diapering

Bathing

Cord care

Safety

Comforting the baby

Postpartum Care

Emotional and physical changes after birth

Postpartum blues vs. depression

Time management

Family planning

Community resources

Breastfeeding

Introduction to breastfeeding

Steps for successful breastfeeding

Variations in breastfeeding

Special Concerns regarding pregnancy and labour

Maternal medical conditions

Newborn medical condition

Your areas of interest—please add them here!