

COMMUNITY EDUCATION

Information and Referral

Information is available on birth options and services available in your area. If you are looking for a birth practitioner who will support the kind of birth you want, call us.

Film Showings

Free film showings present films on birth, breastfeeding, pregnancy, and post-partum. Usually a short presentation and an information table are included. Showings are monthly in most areas.

Speaker's Bureau

Experienced childbirth educators are available to speak on normal birth, pregnancy issues, and birth options in your community, and also related topics.

OUTCOMES

Between 1982 and 1984 the NBA received class evaluations and birth reports from 235 students. Of these, 95% felt that the classes were important and would recommend them.

Statistics:

Vaginal Birth:	89%
Cesarean	11%
Induction or stimulation of labor	20%
Episiotomy	40%
No medications	88%
No anesthetics	94%
Locals for perineal repair	45%
Used techniques taught in class	95%

Women who have taken NBA classes have significantly lower rates of Cesareans, episiotomy, use of medications, and stimulating labor with pitocin than is the current norm.

A vast majority of those who responded reported they had very positive experiences in the classes and felt well-prepared for their baby's births.



Natural Birth Association

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Natural Birth Association

The Natural Birth Association supports the philosophy of "woman-led," family-centered birth as advocated by Dr. Robert Bradley, Dr. Grantley Dick-Read, Gayle Peterson, Elisabeth Noble, and Dr. Michel Odent. A "woman-led birth" is one in which the natural process of birth is allowed to unfold in its unique, individual pattern without unnecessary and often interfering interventions which disrupt the natural unfolding of the birth. In our society this entails a well informed woman who has consciously chosen, with her partner or support person(s), the style of birth she wants.

The Natural Birth Association supports the return of responsibility for birth to the woman and her partner who are giving birth to their child. We support the normalcy of birth and the mother's ability to work with her labor wherever she chooses to give birth: hospital, birth center, clinic, or at home.

The Natural Birth Association has, as the organization has matured, come to recognize the need for education and support of the new family in order to make the best possible transition to familiness or to a larger family. To this end, the NBA is beginning to develop services that are lacking in the community to fill this need and to provide referral services to resources that already exist. The NBA endeavors to provide complete education and support services to the childbearing family.

EDUCATION

Pregnancy classes

This three week session is for those who are newly pregnant or contemplating pregnancy. This series focuses on birth options and planning, physical and emotional changes in early pregnancy, fetal development, nutrition and exercise.

Childbirth Classes

This eight week session is for those in their third trimester of pregnancy. Classes cover:

- Normal birth and complications
- Relaxation and labor support techniques
- Consumer issues in obstetric care
- Breastfeeding, parent-infant bonding, parenting
- How nature prepares a woman's body for birth

Children's Classes

This is a class to prepare brothers and sisters expecting to be present at their baby's birth or who want to know about the birth of their sibling. Contact local chapter for more information.

Teacher Training, Certification, and Continuing Education

The NBA conducts a week-long, intensive childbirth educator training session. The NBA also certifies childbirth educators and provides opportunities for continuing education for them in order to maintain and improve their professional quality.

SUPPORT SERVICES

Labor Support

NBA teachers are available to provide additional support during your labor and birth and/or to act as your advocate with the professionals attending the birth. Consultation with teacher prior to labor is required.

COUNSELING

The NBA makes available one-to-one counseling with a trained childbirth educator or other professional to explore and work through birth related issues. Some of the areas are: cesarean counseling, Vaginal Birth After Cesarean counseling, birth options and planning, decision making, parenting, breastfeeding concerns, postpartum counseling, and relationship issues.

Support Groups

Some area chapters have organized and/or facilitate a variety of support groups. These are focused on postpartum, baby-care and post-cesarean section. Check with your local chapter.

MEMBERSHIP

The NBA is advocating changes in how children are born and how families develop. This calls for members who are willing to contribute time, energy, and talent to achieve this end. If you are interested, call your local chapter.