

Empowered Birth[®] Childbirth Preparation Classes

Why Empowered Birth[®]:



Having an Empowered Birth is about having the information, inspiration, education and support to make your own best choices for your birth. Through Empowered Birth classes, women gain confidence in their ability to give birth. Birth companions become aware of ways

to support the birth process while making labor safer and more comfortable.

Based on the philosophy that birth is an experience involving body, thought, and emotion all together, Empowered Birth classes prepare parents to birth with awareness of their own needs, and responsibility for their own choices.

Different from a traditional lecture format, in the Empowered Birth program information is shared and experienced through thought-provoking dialogue, interactive group discussions, memorable creative experiences, and unique hands-on exercises. Deep relaxation techniques are learned in the Empowered Birth program to help labor happen with greater comfort and ease for mother and baby.

Empowered Birth classes are suitable for any woman with any birthing history, including new parents and parents with prior vaginal or cesarean births. The Empowered Birth program is appropriate for parents planning to birth in hospital, birth center, or home settings.

Empowered Birth classes run weekly for six weeks in group sessions, or private sessions may be arranged to suit your own needs — your location or ours.

Some Topics Covered in the Empowered Birth[®] Program are:

- ❁ Beliefs and attitudes about pregnancy and childbirth
- ❁ Physical, emotional and mental aspects of labor and birth
- ❁ The importance of nutrition and exercise
- ❁ Developing confidence in decision-making
- ❁ Positive communication skills
- ❁ Choosing a birth team and creating a birth plan
- ❁ Personal support and comfort measures for labor and birth
- ❁ Understanding and overcoming the pain/fear cycle
- ❁ Using relaxation and focused awareness for easier labor

Through Empowered Birth[®], Women Learn to:

- ❁ Welcome the birth experience without fear
- ❁ Trust in their bodies and in the safety of birth
- ❁ Understand the physiology of birth
- ❁ Use positions and body techniques to help the physical birth process happen faster and more easily
- ❁ Relax deeply to experience labor with increased comfort, confidence and fewer complications
- ❁ Have the knowledge necessary to make informed birth decisions with confidence in any situation
- ❁ Create joyful birth memories that will last a lifetime

Registration Form

Call 856-589-8365 for Upcoming Class Schedules.

To reserve you space, please complete, detach and mail to:

Empowered Birth
Robbi Jones
29 Maple Ave
Williamstown, NJ 08094

Name: _____

Spouse's Name: _____

Address: _____

Phone: _____

Email: _____

Baby's Due Date: _____

First baby? _____

Preactioner: _____

Place of Birth: _____

Class Dates: _____



Jodi Kent-Spencer has enjoyed offering birth and postpartum doula service since 1996. Jodi has an educational background in child development, with training and certification in many natural

healthcare modalities, and is a member in good standing of Doulas of North America (DONA) International and the Childbirth and Postpartum Professionals Association (CAPPA). As a childbirth educator and certified doula through the Association of Labor Assistants and Childbirth Educators (ALACE), Jodi makes it her personal goal to offer the information, education, and support women need to make their own empowered choices in birth and parenting.



Robbi Anne Albert-Jones is an ALACE certified labor assistant and a La Leche League Leader. As a doula, childbirth educator and breastfeeding counselor, Robbi is dedicated to helping families discover the choices they have in birth options and infant care.



The Better Birth Network was

established in 2004 to combine our expertise and experience in nutritional counseling, natural healthcare and breastfeeding education. Though Robbi and Jodi both offer personalized care and attention to individual clients, we combine our experience as a holistic health educator and breastfeeding counselor to provide more complete care.

Empowered Birth[®] Childbirth Preparation Classes

Providing Information, Education and Support to expectant parents to create a positive birth experience

Robbi Jones
856-875-8667

Jodi Spencer
856-589-8365

Serving South and Central New Jersey,
South Eastern Pennsylvania
and surrounding areas



Offered Through Better BirthNetwork, LLC