

Class Page:

Recurring Classes Taught at Becoming Mothers

Becoming Mothers has established itself in the community as the “go-to place for new and expecting families” for reasons beyond our unique products and seriously fashionable clothing.

We offer birth and early parenting professionals to use our space as a classroom, lecture hall, and gathering place. Becoming Mothers invites these independent, local experts to teach their classes outside store hours so they have full use of the space and are not interrupted by the day-to-day operations of our busy retail store.

By offering such classes as “The Bradley Method of Natural Childbirth” and “Breastfeeding: Just the Essentials,” Becoming Mothers has become a resource center for new and expecting parents, yet remains an inviting environment for those soon-to-become moms...and dads! After-hours, our store transforms from a bustling retail boutique to a cozy, familiar environment that becomes increasingly more comfortable with each class.

Teachers are independent from the Becoming Mothers’ staff. To register, or for more detailed information about the following classes, please contact the teacher directly either by phone or email.

There are maximum enrollment restrictions due to space constraints, as well minimum enrollment numbers for each class ...so get a friend to register with you to insure the class is a go! Again, please be in direct contact with the teacher of the class for the most current information.

Do you have a topic you’d like us to investigate? If so, let us know and we’ll see what we can do about generating some buzz on the topic and encouraging a local expert to commit to a lecture! Please email us at classes@becomingmothers.com

Are you a local expert looking for a venue to share your expertise? Please email us at classes@becomingmothers.com if you are interested in scheduling a lecture at Becoming Mothers. Lectures will **only** be offered on Sundays, either before we open at noon or after we close at 5:00.

BEFORE BABY CLASSES

Bradley Method of Natural Childbirth with Judith Nowlin

Tuesday Evenings - 7:00 pm - 9:15 pm
\$300/couple, includes student workbook

This twelve-week series of classes focuses on the pregnancy and birth process as a state of wellness: centered on the knowledge that all aspects of pregnancy, childbirth and postpartum are delicately interwoven. The ultimate goal of the class is optimal health and wellness for both mother and baby. In this course, Judith will:

For more information about Judith's childbirth classes and doula services and to register for this class, please contact Judith at 303.519.4519 or judith@holisticbirthing.com.

Childbirth, Naturally with Ruth Hartman

Wednesday Evenings - 7:00 pm - 9:30 pm
\$225/couple

This six-week childbirth series pulls from many modalities, from the deep relaxing breathing of ‘Bradley Method’ to the inner exploration of ‘Birthing From Within.’ Ruth’s goal is to provide a safe place where couples can get the information they need to make informed choices, learn relaxation and coping skills, and hopefully, make the whole process a lot less scary.

For more information about Ruth's childbirth classes and doula services and to register for this class, please contact Ruth at 303.440.4115 or RuthHartman1@yahoo.com.

Birthing From Within...Again! with Erika Primozych

Friday Evenings - 7:00 pm - 9:00 pm
\$150/couple

Pregnant with your second, third, or (oh my, fourth!?) "Birthing From Within...Again!" is a four week birthing class designed for parents who have experienced the miracle of birth at least once. This childbirth

“refresher” course allows for reflection and learning from previous birth experiences. Attention will be given to the preparation of siblings for the birth and for the new baby.

For more information about Erika's childbirth classes and doula services and to register for this class, please contact Erika at 303.926.4498 or diveintobirth@aol.com.

Breathing into Birth- Childbirth Education

Breathing Into Birth with Janel Ferrin

8 weeks, Thursday nights 7-9pm,

Starting October 2nd

\$200/couple

This class focuses on pregnancy, labor, and parenthood as being a natural and healthy process of life. Get the practical information and tangible skills to feel confident with your transition from pregnancy to parents. This class draws on many different sources, including yoga for childbirth, The Bradley Method, and is overall wellness focused. Have fun, learn, relax, breath, and connect with your own body.

Call or email Janel for more information about this class, doula services, Blessing Ways, or about yoga therapy. www.janelferrin.com, janelferrin@gmail.com, 970-759-8084

Blessing way Ceremonies with Janel Ferrin

Group Blessing Way Ceremony For Expectant Mothers

Sunday Mornings, 9am-11am

Join other expectant mothers in a unique and meaningful ceremony as we acknowledge and celebrate our transition into motherhood.

Together we will explore our fears and excitement, support one another, and have a great time connecting through various rituals. Pregnant moms will gain strength and clarity as they pass into the new stage of life. Participants will go home feeling more confident with their pregnancy, labor, and life as a new mom. Furthermore, each woman will have the tools to make a blessing necklace with her own friends and family at home. Please join us for a wonderful morning together. The \$40 registration fee includes a complete Blessing Way Ceremony, additional information to design one's own unique Blessing Way Ceremony if desired, string and the first bead for assembling a blessing necklace of your own. Light snacks and beverages will be provided.

Janel's goal is to help women feel connected, empowered, and supported through all stages of life: Celebrating changes, honoring each other, and experiencing life more fully. For more information or to register, please contact Janel Ferrin at 970-759-8084 or janelferrin@gmail.com. Please visit www.janelferrin.com for more information about Janel's Blessing Way Ceremonies, Doula service, and Breathing and Yoga for Labor guidance.

Enrollment is limited to 10. Each women can bring one friend or family member for an additional \$10

Meet The Doulas Night

Evening Event

Free

"Meet The Doula's Night" is a casual meet-and-greet with many of Boulder's most experienced doulas. Join other new and expectant parents in learning more about the benefits of birth and postpartum doula services. The panel of doulas will present an overview of the role of the doula and how doulas work with the expectant and new mothers' family members. The doulas will be available to answer questions and for brief “get acquainted” interviews for those interested.

The benefits of working with a birth and/or postpartum doula which may include - a shorter length of labor, fewer requests for an epidural, decreased use of forceps or vacuum, increased confidence in one's partner and family members, a reduction in cesarean deliveries, greater success with breastfeeding, an easier transition into parenting and more opportunity to bond with the baby.

To register, please contact Sonya at 303.619.5326 or sonya@mettadoula.com. For more information on Birth and Postpartum Doulas, please visit www.coloradodoulas.com

Shalom Baby

Monday Evenings, 6:30pm-8pm

\$45/couple

Whether you are expecting a baby or have recently had a baby, this four week series will introduce Jewish traditions and rituals connected with pregnancy, birth and parenting. Boulder's awesome rabbis and Jewish educators will speak on a different subject at each class. This class offers parents and parents-to-be a terrific opportunity to develop a connection to the Jewish community.

For more information or to register, please contact Beth Litz at bethlitz@yahoo.com.

"Just the Essentials" Breastfeeding Class with Stephanie Moore, RN, BSN, IBCLC

Second Saturday Morning each month – 9am-10:30am

\$25 Registration exchanged for a \$15 Becoming Mothers Gift Card (FREE with purchase of any breastpump at Becoming Mothers)

The purpose of this breastfeeding class is to give the essential information an expectant mother needs to manage the first few weeks of breastfeeding with success! The norms and realistic expectations for the breastfeeding dyad will be discussed in a very informative and interactive format.

For more information or to register, please call Becoming Mothers at 303.546.6262 or smoore@becomingmothers.com. Minimum registration of five required.

Bringing Home Baby with Patience Bleskan, MA

Friday Evenings

\$30/couple

This unique workshop highlights everything no one ever told you about your newborn. The first 48 hours of parenthood can be challenging enough...the key is staying calm and being prepared. Patience focuses on normal newborn behavior so you and your baby will thrive during you're your first days together.

For more information and to register, please call Patience at 720.839.6555 or info@ParentsAndChildrenEmpowered.com

Jewish Baby University

Cost: \$50/couple

Whether you are expecting a baby or have recently had a baby, attend Jewish Baby University to find out about the Jewish traditions and rituals connected with pregnancy, birth and parenting. Boulder's awesome rabbis or Jewish educators will speak on a different subject at each class. While no degree is offered, this class does offer parents and parents-to-be a terrific opportunity to develop a connection to the Jewish community. As a special bonus, Becoming Mothers will give you a \$25 gift card when you register for both a childbirth class at Becoming Mothers AND Jewish Baby University. For childbirth classes, please go to www.becomingmothers.com.

AFTER BABY CLASSES

The New Mom's Connection with Catie McDowell or Ellen Rossier, Licensed Social Workers

Friday Mornings –9:30 am -11:00 am

\$150

The New Mom's Connection is an eight-week support group for moms of newborns. Venture out with your baby and enjoy the camaraderie of other sleep-deprived women who understand the reality of life with a newborn. Share your experience, swap survival strategies and get practical information. The group facilitators blend personal and professional techniques while addressing both the struggles and joys of parenting! Most groups continue to meet independently after the first eight weeks, so the support and friendships continue!

To register, please contact Catie or Ellen at 303.494.6877 or elrossier@mac.com or catiemcdowell@yahoo.com

Bottom of Form

Infant Massage with Lauren Spivey

Thursday Mornings- 8:00am-9:30am

\$50 for the series includes free massage for mom! Class fee also includes infant massage instruction manual.

The Benefits of Infant Massage Include:

-reduced gas & fussiness

- increased growth & brain development
- improved quality and duration of sleep (your baby's and your own!)
- heightened parent-baby bonding
- loads & loads of FUN!!!
- Class series includes a FREE MASSAGE for New or Expecting Mothers!

Taught by Lauren Alexis Spivey, Certified Massage Therapist, IAIM trained Infant Massage Educator, & DONA trained Postpartum Doula. Call Lauren to register at 434.284.1664. Please call ahead to secure your space! New or Expecting Parents Welcome!

Baby Sign Language with Jules Pellerin

Wednesday Mornings - 9:00am - 9:45am
\$125, includes handbook

This is a four-week American Sign Language baby signing class. Infants who communicate by signing have increased intelligence, reading aptitude, reduced frustration and stimulated language development. Ideal for infants 6 months and older.

To register, please contact Jules at 303.415.0201 or jpellerinjohms@msn.com.

Finding Balance in Motherhood with Kate Kripke

This workshop is designed for moms who are struggling with the all too common feeling that they don't have time to take care of themselves and that they that they "can't do it all." So often, motherhood brings unexpected and overwhelming emotions that can leave us feeling out of balance. Expectations change. Priorities change. The time we have for ourselves changes. This workshop will be a springboard to establishing a new sense of health, balance, and centeredness in your role as Mom. This workshop will focus on common expectations and sources of overwhelm in motherhood, define what wellness and life balance means to you, review ways to develop a concrete plan for balanced wellness, and provide fitness, nutritional, social, and emotional resources for new moms. For more information please visit www.katekripke.com.

Sleep Seminars with Patience Bleskan, MA

\$30/couple
Scheduled monthly

In these highly informative workshops, Patience will discuss child development and sleep, and will compare and contrast contemporary approaches to sleep as presented by Drs. Ferber and Sears and Elizabeth Pantley. In so doing, Patience will guide parents in choosing the method that is best for both the parent and the child.

For more information and to register, please call Patience at 720.839.6555 visit www.PatienceBleskan.com

Pee, Poop, and Potty – No More Diapers! With Patience Bleskan, MA

\$30/couple
Scheduled montly

This two-part workshop will help parents tackle this demanding process.

For more information and to register, please call Patience at 720.839.6555 visit www.PatienceBleskan.com