

Questions?

Please feel free to call or e-mail me. You can also find class schedules, testimonials, and links to childbirth resources on my website.

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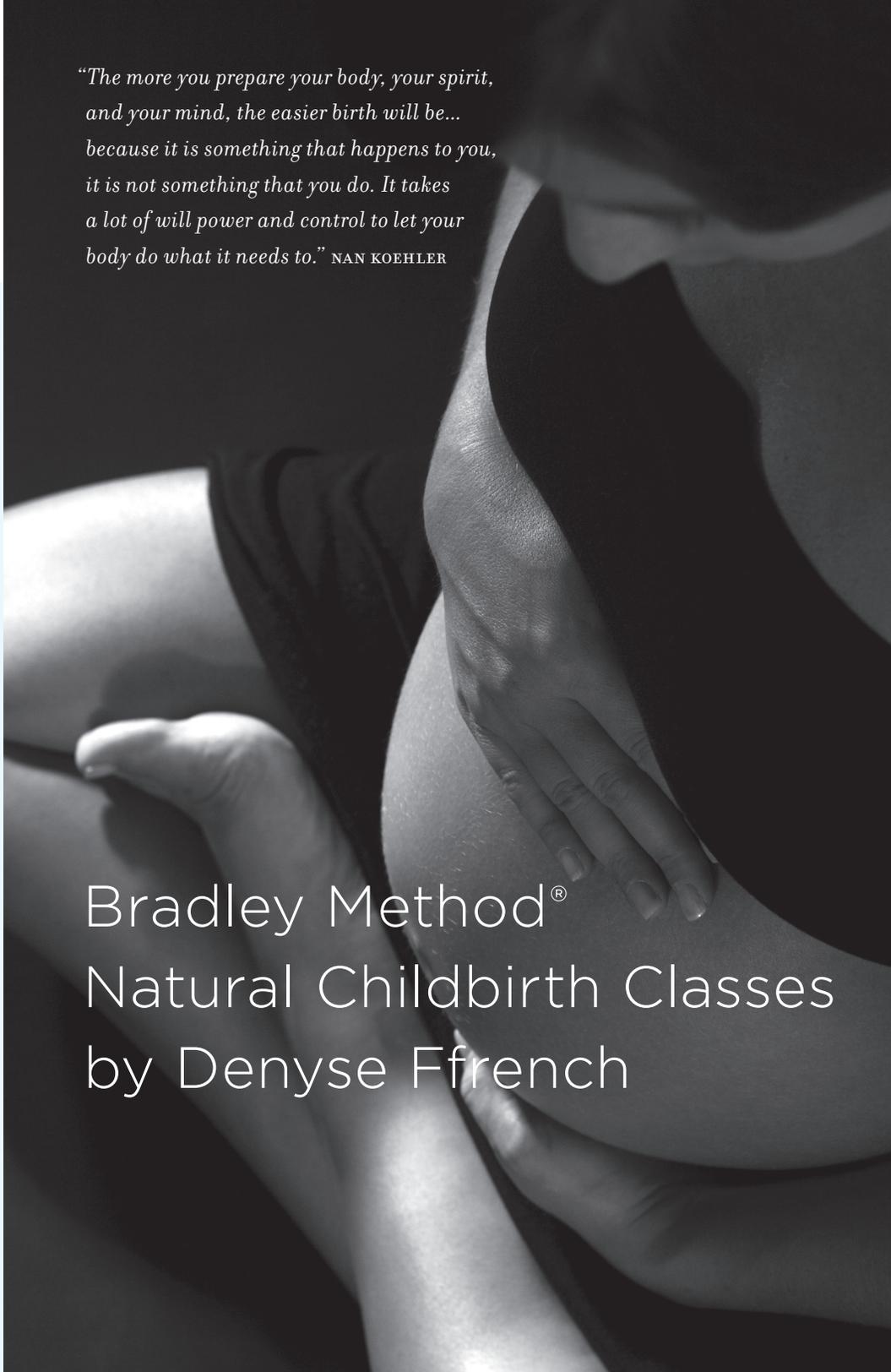
A FEW COMMENTS FROM STUDENTS:

“I was so glad we chose to take the Bradley class with Denyse. She is a laid back, down to earth, organized, and informative teacher. We felt at ease in her class and free to ask questions. The class and Denyse really made us feel comfortable and calmed some of our fears. Because of the class, my partner was able to really be there for me and helped be my main advocate—fully educated and aware every step of the way. We were able to have a completely natural birth free of any complications.” BRANDY

“Being in the health care field, I sort of knew what to expect from the birthing experience, but after just a few minutes in the first class realized there was much more to things than I ever anticipated. After the first few classes, we went home and just stared at each other in awe, thinking ‘it’s amazing that anyone makes it through the birthing experience without this information, how blessed we are to have it ahead of time!’ The class really helped my husband understand what his role was in the birthing process, how he could help me and be a part of things, and what he could expect to happen, at any level.” AMANDA

“We felt like we were able to be prepared by the information we got from the class... and as for Denyse as an instructor, her presentation of the material was AWESOME... good, solid, helpful, open information, delivered with little bias, an opportunity for idea exchange, and proving to be totally empowering to us as expecting parents. Thank you for continuing to be a ‘go to’ person for information and giving us such solid take-aways...THANK YOU!” JOYCE

“The more you prepare your body, your spirit, and your mind, the easier birth will be... because it is something that happens to you, it is not something that you do. It takes a lot of will power and control to let your body do what it needs to.” NAN KOEHLER



Bradley Method[®]
Natural Childbirth Classes
by Denyse Ffrench



About the instructor:

I have been an AAHCC affiliated Bradley Method instructor since 2000. I have four children and have had very different birth experiences with each of them. My son Sebastian, born in 2000, was a natural water birth. My daughter Violet (2002) was a natural vaginal birth, and her twin sister, Fiona, was an emergency c-section. My daughter Gemma (2006) was a beautiful, natural VBAC (vaginal birth after c-section). I feel that my range of experiences greatly enhances my teaching. I have had Pitocin induced labor, labor that began naturally, water birth, births with and without an episiotomy, singleton and twin pregnancies...just about every birth experience imaginable! The common factor in all was the use of The Bradley Method during labor.



In addition to teaching The Bradley Method, I work as a birth doula and lead a group for women who are nursing twins. It is important to me to stay tuned in to the Chicago birth community so that I can better serve my students. My goal is to provide continuity in care—from birth education to labor and postpartum support. Sharing such a special time with my students is incredibly rewarding. — *Denyse Ffrench*

What is The Bradley Method*?

The Bradley Method is a system of partner-coached natural childbirth. The intention of Bradley Method classes is to teach methods of relaxation, self-awareness, and comfort measures to deal with the stress of labor as an alternative to medical intervention. The Bradley Method operates on the premise that birth is a natural, normal process, and the laboring woman and her partner can work together through labor, without common medications and interventions, if they have the right tools and support.

The Bradley Method endorses:

- » Natural childbirth with active participation by the partner as coach.
- » Good nutrition—the foundation of a healthy pregnancy.
- » Relaxation, natural breathing, and working with your body.
- » Immediate and continuous contact with your baby.
- » Breastfeeding
- » Positive communication with your medical team.
- » Parents making active decisions concerning the birth place, procedures, and practitioners.
- » Parents prepared for unexpected situations such as variations in labor and cesarean section.

Topics discussed in Denyse's classes:

- » Nutrition in pregnancy
- » Prenatal exercises
- » The 3 stages of labor
- » Medical interventions
- » Comfort measures and natural methods of pain management in labor
- » Relaxation methods and practice
- » Massage techniques
- » Coaching techniques for labor support
- » Natural ways to enhance labor
- » Pushing positions and techniques
- » Variations and complications in labor including cesarean section
- » Benefits of breastfeeding
- » Labor rehearsals and role play
- » Postpartum care
- » Newborn characteristics and care
- » Classes may include guest speakers such as a lactation consultant, massage therapist, doula, and former Bradley students.

Registration and more information:

To reserve your space in a class, please fill out the enclosed registration form. For more information, visit my website: denyseffrench.com