

Here's the questions we get the most. Read on...and contact our team if you need us at theteam@boldbirthmethod.com

Q. Do The BOLD Method for birth Classes emphasize or teach natural birth?

The BOLD Method for birth classes do not exclusively promote "natural birth" or vilify hospital or medical birth. We believe an easy, natural birth does not need to be "taught;" we cannot "make" it happen, but the tools our facilitators use do create optimal conditions for women to give birth naturally.

Our Facilitators strive to cultivate (in themselves and in the parents they work with) an attitude of mindfulness, birthing-and living-in-awareness and simply doing the best we can in any given moment. This is vastly different from striving to achieve a particular birth outcome, such as birthing normally, or thinking we can and should control life or birth.

Q. I am birthing at the hospital. Should I take a hospital class instead of a BOLD Method class, or both classes?

You could take either or both. Taking both may be complementary or conflicting, depending on your needs and what is available.

To make this decision, know what you want to learn and know what your hospital classes/ teachers teach.

Hospital classes tend to be larger than our classes and they may be less expensive than smaller, private classes. Typically hospital-sponsored classes spend more time focusing on outward concerns like explaining anatomy, stages of labor, hospital routines, complications and their management. Our classes focus on your inward birth journey, like overcoming fear as well as defining and then committing to the birth you want.

Q. You mention Body, Voice, Action a few times. What's that?

All of our instructors are trained to work with parents using our Body-Voice-Action formula™. Our goal is to help you connect with your pregnant body, find your authentic voice, and make birth choices from that place so you can take action to have the best birth possible.

We want your birth to ROCK.

Q. Does our method support birth partners too?

Yes, but in every BOLD Method class the pregnant mom is the star.

Ready to Have a BOLD Birth?

To start working with a BOLD Method birth facilitator head on over to our Facilitator locator.