



# 6 Tips for an Amazing Birth!

## MINDFUL EATING

Focus on a whole foods diet, staying hydrated, and eating 80 grams of protein a day.

## TAKE A BIRTH CLASS

Prepare physically and mentally by attending an evidence-based birth class through Sapling Birth!

## PRACTICE RELAXATION

Relaxation is key to preparing you for birth and may contribute to fewer complications.

## CHOOSE A CARE PROVIDER

Hire a provider that will help you have the type of birth you desire! Switch to a new provider if you need to.

## MOVEMENT ROUTINE

Intentionally moving your body daily can help you prepare for birth and have an easier and more comfortable pregnancy.

## HIRE A DOULA

Having a doula on your birth team can statistically increase having a more positive birth outcome.

## LEARN MORE

Learn about each of these topics and so much more in my in-depth birth classes!

**Andrea Rudy**

**[www.saplingbirth.com](http://www.saplingbirth.com)**

**[andrea@saplingbirth.com](mailto:andrea@saplingbirth.com)**





SAPLING  
BIRTH

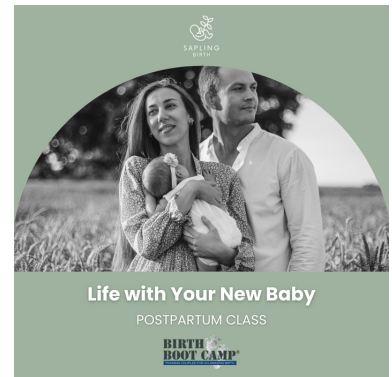
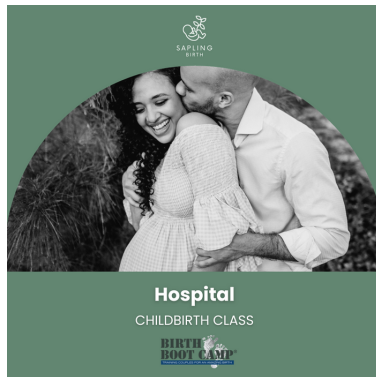
# Welcome to Sapling Birth

As a Birth Boot Camp® certified birth instructor, I'm passionate about providing evidence-based education for couples. My classes will equip you with the tools you need to have the peace-filled birth of your dreams!

I offer a variety of childbirth classes, both in-person (Northern Colorado) and online (any location). You get to choose your own schedule and the times that work best for you! Classes range from 5 to 10 weeks long, and are perfect for any birth including hospital, birth center and home birth.



Hi, I'm  
**ANDREA RUDY**



Current Classes: [saplingbirth.com](https://saplingbirth.com)



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BIRTH

Use the code

**SAPLING10**

for 10% off class registration

(970) 237-1651  
[andrea@saplingbirth.com](mailto:andrea@saplingbirth.com)

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