

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!

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SAPLING
BIRTH

Welcome to Sapling Birth!

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

I offer virtual, private childbirth classes. You 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



Comprehensive
Childbirth
Class



Hospital
Childbirth
Class



Home &
Birth Center
Childbirth
Class



www.saplingbirth.com



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BOOT CAMP®**
YOUR HEADQUARTERS FOR AN AMAZING BIRTH



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for 10% off class registration

