

HBW: Moms and Dads Say...

"Learning the positions and the coach's role made us feel more prepared for labor."
- Amy & Jesse

"I think the relaxation and breathing exercises will really help us in labor."
- Alex & Rachel

"Happy Birth Way was informative and confidence-building."
- Eric & Kristen

"The birth videos helped us both better understand what to expect."
- Brooke

"June was incredibly personable. It was a wonderful class!"
- Megan

"Very well organized. A good combination of teaching techniques."
- Kristina

"Since we were planning a natural birth, the hospital classes were not enough."
- Michelle

"We learned how to relax and reduce stress during labor."
- Jesse

HBW: About June



"These are my two sons, born in 1996 and 2001. I remember their births like they were yesterday, and you will remember yours just as vividly."

I had two very different birth experiences: The first ended with a traumatic and unexpected forceps delivery; the second, after a thorough childbirth class that Happy Birth Way is based on, was all natural with no complications. Had I been better informed the first time around, it could have been quite a different birth experience.

That's why I became a childbirth educator, to let expectant parents know their options during pregnancy and birth and to help them develop clear preferences so they can make decisions along with their caregivers. I am passionate about providing my students with up-to-date research and reliable information in a class that is unique, empowering and informative."

June is certified by the International Childbirth Education Association and has been teaching since 2005. She is a co-founder of the Tampa Bay Birth Network (tampabaybirthnetwork.org).

June has been married since 1989 and enjoys reading, crosswords, rollerblading, biking, and road trips with her family.

Visit her blog for updates on pregnancy and birth as well as a chance to win prizes! The blog is at happybirthway.blogspot.com.

Informative
Empowering
Unique



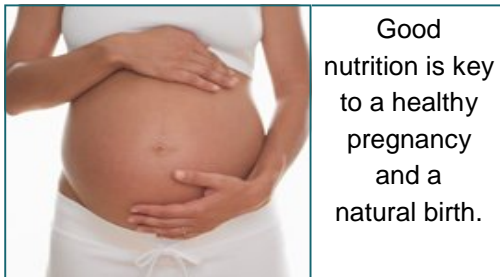
Unique,
Empowering
& Informative:

Group and Private
Childbirth
Classes
for
Expectant
Parents

June Connell, ICCE
Natural Childbirth Educator
happybirthway.com

Happy Birth Way

Natural Childbirth Classes offer expectant parents a unique way to prepare for the birth of their baby.



Students will learn about:

- Prenatal Nutrition
 - Four Keys to a Natural Birth
 - Natural Comfort Measures
 - Prenatal Exercise
 - Birth Preferences
 - Partner's Role in Labor
 - Labor Medications
 - Breastfeeding
 - Postpartum Care
- ...and much more!

"Every expectant parent should go through this class. It was the perfect class for my partner and me as it gave us both the information we needed."

— Bonnie

"Ten Things to Know Before You Have Your Baby!"

Find out what they are at happybirthway.com

Happy Birth Way

offers online resources including:

- Podcasts
- Class reviews
- Quizzes
- Student blog
- Quarterly newsletter

The Thinking Woman's Guide to a Better Birth
by Henci Goer

Ina May's Guide to Childbirth
by Ina May Gaskin

Birth from Within
by Pam England and Rob Horowitz

The Birth Book
by William Sears, MD, and Martha Sears, RN

Bountiful, Beautiful, Blissful
by Gurmukh

Gentle Birth Choices
by Barbara Harper, RN

Healthy Eating During Pregnancy
by W. Allan Walker, MD

The Womanly Art of Breastfeeding
by La Leche League

The Vaccine Book
by Robert W. Sears, MD



Happy Birth Way
PO Box 14125,
Clearwater, FL 33766