

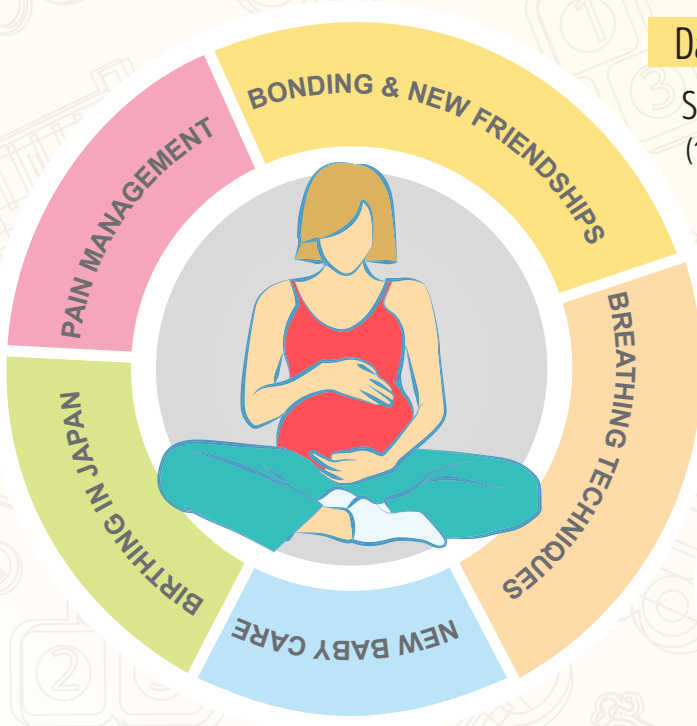
## 1-Day Active Birth Workshop

We welcome pregnant ladies alone, with partners/friends, or with the person that will support them at the birth.

### Date

Sunday April 1st, 2018  
(1day workshop)

**Time** 9.00am to 3.00pm



Hi, my name's Stephanie - your host for the day, Active Childbirth Educator and doula. I can't wait to meet you!



Stephanie Kawai

### Content Overview

**Investment:** ¥12,000 per attendee or ¥20,000 per partnered couple (pretax@8%)

**For:** We welcome pregnant ladies alone, with partners, friends, or with the person that will support them at the birth.

**Food Refreshments:** Please bring along your lunch. Drinks and bikkies will be provided by Kspace.

**Other details:** Please wear very comfy clothes that you can stretch in and bring along any supports or small beanies/pillows etc that will help you.

**Language of Communication:** The course is delivered/ questions answered entirely in English. Advice on useful Japanese phrases included in course content

#### Includes:

- Late pregnancy & overview of labour
- Breathing for labour and birth
- Positions for labour
- Massage and other comfort techniques
- What to expect once baby is here
- Basic baby care
- Overview of breastfeeding
- Useful Japanese phrases and overall what one can expect during childbirth in Japan

## About Our Speaker

Stephanie Kawai is a birth doula and proud mummy to 3 boys. She has been in Japan for 17 years and runs Tokyo Doula Support and Tokyo Mothers Group, as well as being a coordinator for Tokyo Pregnancy Group. Doula work is Stephanie's passion and helping women and their partners feel empowered and reassured about childbirth in Japan is a huge thing part of her life. She's had extensive hands-on experience as a doula at various hospitals and birth clinics in and around Tokyo and likes to use the knowledge that she's gained to help couples.



Stephanie Kawai

## Our Aims

We offer a day of learning, laughter and a lovingly light-hearted approach to one of the most serious topics of your life - welcoming your precious baby. Our 1-day course is aimed at first time mamas in their last trimester, however ladies at any stage of pregnancy are invited.

Don't forget that this is a bonding opportunity and many friends are made in these workshops, so join us whether this is your first pregnancy or you have been through the experience before!

This wonderful workshop offers a great overview as a stand-alone course, or it can supplement other sessions that you may attend elsewhere. Many parents are busy so we have condensed some really vital topics into a foundation course for you. We aim to cover enough ground to give you techniques to approach the birth experience with more confidence, and enjoy those early days with your baby.

## Content

The course covers understanding how labour works and progresses, and also provides the tools to facilitate your labour and work with the intensity of contractions. We hope to give you confidence and belief in your body's ability to work effectively in birthing your baby. And help you with some tips that give you an insight into basic baby care and breastfeeding.

