

## **Introduction**

Hi, I'm Kaurina Danu, and welcome to your prenatal class series. I'm sure you are as excited to get started, as I am to teach you about the amazing process of birth.

I recommend you watch the videos in order as the information builds upon the previous topics. There are PDF worksheets that you can download for certain units, so you can fill them in as you go along. Write down any questions you may have. You will be receiving an email so you can schedule your two consultations with me so you can have a personalized experience and have all your questions answered.

Most moms will have their partners with them in birth and I recommend both of you watch the videos. It helps to work through some of the reflective questions in the worksheets together so it can build communication.

Some moms want to have other support people at their birth, such as their own moms, sisters, friends, or other family members. I recommend you have them watch the videos that you think are important for them, so that they can be on the same page in supporting you.

I hope you enjoy the course, learn lots, and most importantly, develop a deep confidence in yourself and your journey with your baby.

Questions and feedback can be emailed to [NewEarthMamaBaby@gmail.com](mailto:NewEarthMamaBaby@gmail.com)

Have an amazing journey!

### **Health Disclaimer:**

This course does not provide medical advice. The information contained in this course is for general educational purposes only. No material is intended to be a substitute for professional medical advice, diagnosis or treatment. Always consult a qualified health care provider with any questions you may have regarding a condition or treatment.

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