

www.durhamlamaze.com

905-723-7373

Durham's original & most trusted
Lamaze organization. Est. 1979

Women & their support persons are
advised to register early to insure
that the program is completed 2-4 weeks
prior to birth.

Classes are fun & interactive, & are
taught in comfortable home settings
within the Durham & Clarington Regions.

We offer group, weekend, weekday, semi-
private & private lessons. Refresher
classes are also available for those who
have already experienced childbirth.

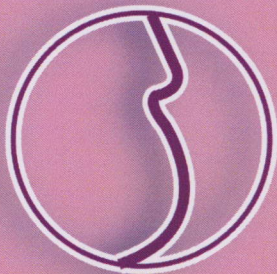
*Additional features include: hospital
tours, postpartum reunion & the
EMPATHY BELLY.

The Lamaze International Certification Program is
the only childbirth educator certification program that is
accredited by NCCA (National Commission for Certifying
Agencies). All Lamaze educators are certified and are
required to re-certify every three years. This ensures that
information is up-to-date and research based.

*Features subject to educator

DURHAM LAMAZE

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Durham's Finest Childbirth Educators & Doulas!

Topics covered in our classes:

- The process of Labour & Birth
- Relaxation & breathing strategies, childbirth & life skills
- Comfort measures including; positions, heat & cold, pressure, massage, hydrotherapy & others
- Medications & medical procedures
- Support roles throughout the childbirth
- Encouragement of awareness & decision making
- Late pregnancy & early postpartum periods
- Breastfeeding & the newborn

Our doulas are women who attend the birthing family before, during, and just after the birth of a baby. Our doulas are trained to deliver emotional support from home to hospital. We ease the transition into the hospital environment, and serve as advocates, labour coaches, and support partners, to give the mother and her partner the added comfort of additional support throughout the entire labour.

Call Now!
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