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The Bradley Method emphasizes the husband being the coach/doula, taking steps to avoid unnecessary medical interventions, being educated in yo What an amazing class and workbook!!! We learned SO much during the last 12 weeks about pregnancy, labor, delivery and caring for a baby during the first month.

[Bradley Method of Natural Childbirth](#)

The Bradley Method® classes are relaxed and fun! We work through the Student Workbook with group discussion, practice relaxation techniques, and rehearse labor scenarios and positions. Small groups are ideal for group discussion with a community of like-minded couples learning about pregnancy and natural childbirth.

The Bradley Method Student Workbook

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The Bradley Method emphasizes that birth is a natural process. Your encouraged to trust your body

and focus on diet and exercise throughout pregnancy; and it teaches couples to manage labor through deep breathing and the support of a partner or labor coach.