

The Bradley Method®

12 Point Goals

Your currently affiliated Bradley® instructor wants you and your baby to have the best, safest, and most rewarding birth experience possible. For that reason we endorse and teach the following ideals in class:

1. **Natural childbirth.**
2. **Active participation of the husband as coach.**
3. **Excellent nutrition, the foundation of a healthy pregnancy.**
4. **Avoidance of drugs during pregnancy, birth, and breastfeeding unless absolutely necessary.**
5. **Training: 'Early-bird' classes, followed by weekly classes starting in the 6th month, continuing until birth.**
6. **Relaxation and NATURAL breathing.**
7. **"Tuning-in" to your body.**
8. **Immediate and continuous contact with your new baby.**
9. **Breastfeeding beginning at birth.**
10. **Consumerism and positive communication.**
11. **Parents taking responsibility for the safety of the birth place, procedures, attendants, and emergency back-up.**
12. **Parents prepared for unexpected situations such as emergency childbirth, and cesarean section.**

These goals are possible for the vast majority of pregnant couples. Occasionally medical intervention is necessary and appreciated. Modern technology is compatible with natural childbirth. There is an appropriate time for intervention and an appropriate time to let nature take its natural course. Educated parents have the responsibility to make these choices with input from many sources including the birth team they have chosen. It is important to seek out medical people who have experience with educated couples and will support their informed choices. This takes considerable effort and sometimes requires researching what is available locally or traveling great distances to seek the safest possible birth.

For information about local classes contact:



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Your local Bradley Method® instructor is a professional person or couple trained to help pregnant couples obtain the birth experience they desire. These instructors have gone through intensive training by the American Academy of Husband-Coached Childbirth® and are required to re-affiliate each year in order to continue teaching The Bradley Method®. This insures you a professional instructor who meets the high continuing education requirements of the Academy. Ask to see your instructor's current certificate of affiliation.

For a National Directory of Bradley® teachers contact:

The Bradley Method® Box 5224 Sherman Oaks, Ca 91413-5224 (800)4-A-BIRTH or (818) 788-6662