

About Molly

I have been a passionate advocate for women and families for many years. With the empowering birth of my first son in 2003, I realized that I feel called to support women and their families as they prepare to give birth with confidence and joy.

Qualifications

Certified Childbirth Educator (ALACE, earned full certification in 2006)

Completed ALACE labor assistant (doula) training workshop of 25 hours (2007)

Certified Breastfeeding Educator (through Lactation Consultant Services. 30 hour training course, 2004)

Volunteer breastfeeding counselor (accredited 2005)

Friends of Missouri Midwives Newsletter Editor

Mother of two delightful sons

Completed DONA approved postpartum doula training workshop of 30 hours (2004)

Master of Social Work degree (2000)

Bachelor's degree in Psychology (1998)

For information about birthing classes, feel free to call or email

Molly

Phone: 573-435-0139

or 573-202-4128

Email: talkbirth@gmail.com

Website:

<http://talkbirth.wordpress.com>



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Talk Birth



Birth Classes

Independent birthing classes
based on natural childbirth and
active birth.

Molly Remer, MSW, CCE
Certified Childbirth Educator

*Serving Mid-Missouri including:
Rolla, Salem, St. James, & Edgar
Springs.*

<http://talkbirth.wordpress.com>

About the Classes

Do you want to increase your confidence in the natural process of birth? Are you ready to experience birth's transforming power? I am pleased to offer independent birthing classes in the Rolla area. These birth classes will encourage you to respect birth as a rite of passage, a sacred life experience, and a creative endeavor.

I am certified with the internationally recognized Association of Labor Assistants and Childbirth Educators (ALACE). ALACE childbirth educators view birth as a woman-centered and woman-directed passage, not an institution-centered medical event. Our goal is to help women reclaim trust in their bodies' ability to safely and dependably give birth.

It is one of my life's greatest passions to encourage confidence, strength, and joy in birth through evidence based information, experiential learning, and psychological and emotional preparation. Contact me at talkbirth@gmail.com or 573-435-0139 to arrange your class series soon!

The classes are based on:

- + Active birth
- + Information, informed decision making, and evidence based care.
- + Overcoming fear and developing trust in birth.
- + Emotional and psychological preparation for giving birth in addition to physical preparation.
- + Tools for the pregnant woman to birth with a sense of confidence and power and tools for the birth partner to support her as she does so.

A six week series of classes is divided into the following classes:

Class One: Birth Today

Class Two: The Process of Birth & Creating Your Birth

Class Three: The Mind/Body Connection & Psychological Preparation

Class Four: Active Birth

Class Five: Labor Support & Comfort Measures

Class Six: The Newborn, Postpartum, & The New Family

I am also delighted to offer single session classes. Each class is approximately two and a half hours in length and can be held in the comfort and privacy of your own home. Instead of enrolling in my traditional 6-week class series, you may "mix-and-match" from the following classes to best meet your individual needs.

Active Birth

Birth Art

Labor Support & Comfort Measures

Physiology of Normal Birth

Healthy Pregnancy The Birth Process

Birth Planning

Prenatal Yoga

Q & A Session About Pregnancy, Labor, & Birth

Fees

Natural Birth Classes

A full six-week series of two-hour classes is \$120. I am happy to accept a payment plan of \$60 by the first week of class and the final \$60 by the fifth week of class. Classes can be conducted privately in your home, in my home, or arranged in another location. (If you live outside of Rolla, there is an additional \$30 charge for my mileage expenses.) If I have multiple couples interested in classes at the same time, I will do a group class series.

Single Session Classes

Mix and match to create your own customized class, based on your unique needs and interests. Single session classes are \$35 for each class. Or, you pick two for \$60, or three for \$75.