

The Bradley Method®

Having a baby can be an Enjoyable Empowering Experience!

We believe in giving your baby the best start possible and commend you for considering The Bradley Method®.

Our classes will provide you and your coach with techniques and information on how to have a healthy pregnancy, ways to handle labor, and how to make informed decisions. Mental and physical preparedness are key components to achieving the birth experience that you and your coach desire, which the Bradley Method® provides.

We are excited to be able to assist you on this beautiful journey of natural childbirth, which is what our bodies were created to do!

The Bradley Method® is a little thing that makes a BIG difference!

My husband and I have been blessed with three incredible and healthy children. We utilized the information from the Bradley Method® classes to achieve the birth experiences that we desired with all three. The Bradley Method® taught me how to relax and listen to my body during my pregnancy and labor. My husband was equipped with a number of ways to support me during each stage of labor. We also made informed decisions based on our research and the information given to us from our Bradley® instructor. We cannot even imagine our birthing experiences without the valuable information that we were taught. I am extremely motivated and excited to be your Bradley® instructor because of how strongly I feel about the impact the Bradley Method® can have upon everyone's natural childbirth desires.

- Majority of couples begin class late 2nd trimester into early 3rd trimester (around the 5 month mark).
- The Bradley Method® course consists of one class per week for 12 weeks and covers a mixture of topics including: relaxation, coaching, nutrition, exercises, stages of labor, etc.
- Classes are held at Cater Chiropractic Clinic in Loves Park, IL. All parties involved will be educated with the Bradley® material by lectures, visual aids, demonstrations, and group discussion. Active participation is highly recommended to get the most out of the Bradley® experience.
- The cost for the 12 week course is \$350 and includes the student workbook, any supplemental materials, and weekly nutritional log sheets. A non-refundable deposit of \$50 is required to hold your spot in the class.

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