Celebrating Motherhood-birth Options Seminar

Center for Persons With Disabilities

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The National Children's Study - Cache Valley is hosting a health seminar on November 5, 2011, from 10:00 - 2:00 at the USU Extension Office, 179 N. Main Street, Suite 109, Logan, Utah.

The topic is *Celebrating Motherhood-Birth Options*. This seminar is designed to help women who are pregnant or thinking about having a baby sort through the options surrounding pregnancy and childbirth.

Speakers include Dr. Brian Carlson, a family physician, who will be speaking about the care provided both in office visits as well as during labor and delivery. D'Anne Moon from the Cache Valley Women's Center, will discuss birthing plans – what are they, how to create one and how to communicate it during labor. She will also be speaking as a certified nurse midwife who works in conjunction with physicians, joined by Anne Pico, who is a direct entry midwife. Dolores Michael, who is a dula, will speak about comfort measures during labor – ways to manage your pain naturally. The La Leche League will also be presenting information about the benefits of breastfeeding.

This is the first in a series of health information seminars geared toward pregnant women. The NCS-Cache Valley plans is to hold the *Birthing Options* seminar annually or biannually, as well as another seminar on issues facing a family immediately after the birth of a child. Possible topics include choosing a child care provider, post partum depression, exercise, breastfeeding and weaning.

If you are interested in learning more about the National Children's Study, or would like to participate in it, you can go to the NCS website.