Let’s dance my body my baby enhanced prenatal education

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Eating the right food and going for walks is only a part of delivering the best start to life that a baby needs. Breastfeeding is the best start for a baby’s immune system and intelligence, but babies need much more than that. A baby needs to get emotional physical and spiritual wellness from its mother Preparing for birth is much more than exercise and eating and there’s more to it than learning about birthing positions too. If we fail to connect the mind with the care we give, we will never see birth celebrated. When women understand the amazing body that they live in and are connected to it Mind Body and Spirit. They have confidence to birth. They stay in control and birth is celebrated. “Let’s dance” is a presentation that addresses all of the above and prepares women to birth. We all need oxytocin and I intend to share plenty of it with you today.

Biography
Irene Chain Kalinowski has practiced midwifery for 20 years on the continuity of care model. She has provided holistic care more than 1000 women from the beginning of pregnancy, from the first labor contraction through the entire labor and birth process.

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