

Accouchement naturel

Confiance en soi

Respirer

S'entraîner

Se préparer

Rester acteur

S'étirer

Former le
co-parent

Visualiser
son bassin

Péridurale
déambulatoire

Danser

Se dépasser

Bouger

Conscience de son corps



3 ans d'étude et de pratique

Panel de 125 patientes

55 %
accouchements
sans péridurale

85% des co-parents
se sentaient prêts
à les aider le jour J

87% des patientes
se sont senties
physiquement
mieux durant la
grossesse



54% étaient des
primipares

94% de femmes se
sentant prêtes et
sérénisées pour
l'accouchement

90% des patientes
ayant pris la
péridurale l'ont fait
après 6 cm

pour qui ?



Celles qui aiment le yoga prénatal, la danse, le pilâtes et qui n'arrivent pas à choisir entre ces 3 méthodes différentes mais si complémentaires.

Celles qui veulent bouger, maintenir leur corps actif et en forme durant la grossesse et qui veulent le préparer au mieux à l'épreuve physique de l'accouchement.

Celles qui veulent un accouchement naturel ou rester le plus en mouvement possible le jour J pour accélérer le travail et diminuer au maximum les douleurs des contractions.

Pour les co-parents qui ne veulent plus n'être que spectateurs

comment ?



4 modules

Modules 1 et 2

Minimum 1 de chaque

Durée 1h

Cours physiques et pratiques pour les patientes en petit groupe

Module 3

Durée 1h

Cours pratique en couple en petit groupe

Module 4

Durée 30 min

Consultation individuelle

Naibances Laccouchement Avant Laage De La Clinique Lunivers Historique

Jessica J Manson



Naissances L'accouchement Avant L'Age De La Clinique L'univers Historique:

Naissances Mireille Laget, 1982 Etude sociale et historique détaillée et bien documentée sur la situation de la femme par rapport à l'accouchement et ce qui l'entoure : fondation, nouveau-né, allaitement, amour des enfants. L'auteur concentre son étude sur la France des 17^e et 18^e siècles avec un prolongement sur le 19^e siècle. Il analyse les coutumes de l'époque, les façons de penser, les procédés utilisés, etc. Naissances Mireille Laget, 1978

Histoire de naître Fernand Leroy, 2001-11-21 De l'enfantement naturel à la prénatalité et chez les peuples anciens, l'accouchement médical moderne assorti de ses développements technologiques, cet ouvrage présente l'évolution historique de la grossesse et de la naissance dans ses contextes culturel, social et technique. La première partie privilégie une approche chronologique jusqu'à la Renaissance. Dans la seconde partie, l'auteur a préféré suivre un plan thématique abordant des sujets spécifiques tels que le forceps obstétrical, la césarienne, les malformations, la fièvre puerpérale, la maîtrise de la douleur. La clarté de l'exposé, l'originalité du sujet et la richesse iconographique font de cet ouvrage un livre de choix pour tout gynécologue, obstétricien et pour les sages femmes.

Naître au Moyen Age Sylvie Laurent, 1989 De tout temps la procréation a fasciné l'imagination humaine. Médecins et théologiens ont consacré cette question de nombreux ouvrages. Miroir d'une société, l'embryologie médiévale valorise le rôle de l'homme, la femme reste inférieure et soumise à lui. Il ne pouvait être concevable de lui donner une place prépondérante dans la génération. Le mécanisme de la reproduction humaine est devenu de ce fait le reflet des fantasmes et des préoccupations de cette époque.

Histoire des accouchements chez tous les peuples Gustave Joseph Witkowski, 1887

L'Accouchement, 1965

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