

## REDISCOVER BIRTH

### Protect the basic needs of mother and baby

#### Teacher of the workshop:

Ruth Ehrhardt

young mother of 4, Certified Professional Midwife (NARM), doula (Wombs/ZA) and paramanadoula (UK), "Helping Babies Breathe" facilitator and master trainer.

Author of the book "The basic needs of a woman in labour" (2010), Italian edition "I bisogni di base di una donna in travaglio" April 2016.



#### Organizational secretary:

Cultural association Luna di Donna  
Via Giardini 200 Cagliari - 3938272617  
lunadidonna@gmail.com

#### INFORMATIONS:

18 hours education workshop for a maximum of 20 participants.

#### Subscription fee :

140€ + 10€ membership fee for the association "Luna di Donna"

Participation includes:

- Participation in the workshop
- Coffee break
- Certificate of attendance

#### REGISTRATION:

Send the application form to the organizational Secretary  
Luna di Donna  
( [lunadidonna@gmail.com](mailto:lunadidonna@gmail.com) )  
together with a copy of the payment of the registration fee.

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**CAGLIARI**  
(Sardinia—Italy)  
**25 - 26 JUNE**



#### Location workshop:

Association Luna di donna,  
Via Giardini 200 Cagliari  
(Sardinia – Italy)



*Luna di Donna*  
Ass.ne culturale per il benessere femminile

## RUTH EHRHARDT



*Ruth Ehrhardt lives in a small village near Capetown, South Africa.*

*She accompanies women in homebirths, in birth centres and hospitals. Ruth is a teacher of the South African Birth Institute. She is part of the team that organizes the Cape Town Midwifery and Birth conference which is aimed at sharing and collaboration between South African birthprofessionals and the women they serve for the purpose of promoting and supporting safe pregnancies and births.*

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#### Workshop- program : 18h of education and practicing

- Rediscover and interiorize the basic needs of the human mammal during pregnancy, birth and postpartum
- If you are assisting at birth, what is your primary role during labour, birth and postpartum...
- What to do or NOT to do in the crucial first hour after birth
- Regain trust in pregnancy-birth-breastfeeding in the age of excessive medicalization.
- Protect the basic needs of a woman during birth after a previous pharmacological/meccanical birth or a prelabour-cesarean section or in labour emergency ceasarean-section
- Considerations about the birth plan
- Discuss and learn from birth and breastfeeding stories
- Universal precautions and obstetric emergencies
- Self care of the birth - breastfeeding keepers, how to prevent burn outs.

Sunday 25 June 09:00 - 19:00

Monday 26 June 09:00 - 19:00