



Brooklyn Birthing Center (BBC) officially opened its doors to the public on Sunday, October 17th, 1999. BBC provides a complete network of maternity and women's health services. Our first-rate prenatal care includes laboratory and diagnostic testing, education and, most of all, sensitive care during labor and birth.

BBC is warm and inviting with individual bedrooms, a bath with large tub, a family room, and a kitchen. We strive to provide the home-like setting integral to our mission: to offer families the safe, comfortable birth experience they wish to have.

Because our midwives have privileges at the highly-regarded and nearby Maimonides Medical Center, BBC midwives are also able to manage deliveries and catch babies in a hospital setting. This means our midwives can attend your delivery even if a hospital birth becomes necessary.

"It was a wonderful experience," said Yonina Shineweather, the first woman to give birth at BBC. "It was like having a customized birth. Instead of me having to conform to an existing system, everything was built around me and what I wanted."

The ultimate aim of BBC is to give childbearing families confidence in their ability to give birth naturally, balancing technology with sensitive, humane care.

What is a midwife?

Today's midwife is a highly skilled professional, able to draw upon the vast resources of modern medicine while carrying on the centuries-old tradition of providing supportive assistance to women and their infants in childbirth.

The midwife must possess an undergraduate degree in nursing or another discipline as well as graduate from an accredited educational program providing advanced and specialized training in midwifery. To become board certified, the midwife must pass a rigorous examination administered by the American College of Nurse Midwives. A midwife is also licensed by the New York State Law of Education.

The midwife, while independently overseeing the care of healthy women and their newborns, is affiliated with physicians and / or other obstetrical health care professionals who are available for consultation and / or referral if needed. Any woman who is generally in good health may take advantage of a midwife's services throughout and beyond the childbearing years. Before and after pregnancy, midwives provide

family planning and gynecological services including the annual Pap smear, pelvic and breast exam.

During pregnancy, the midwife monitors the health of mother and baby and provides information, as well as answers questions about topics including nutrition, exercise, childbirth education, infant health, and what to expect as a new parent.

In labor, the midwife evaluates progress and makes every effort to facilitate the natural processes of labor and delivery and to involve the family in that process (as desired by the laboring woman), as well as to provide immediate newborn care. Should the course of labor deviate from normal, the midwife, in consultation with an obstetrician providing coverage to BBC, will determine the need for medical intervention and / or transfer to a hospital. In the event of a transfer to Maimonides Medical Center, the midwife is able to provide private care to the mom throughout her stay at the hospital.

BBC FACT SHEET

- Brooklyn Birthing Center (BBC) is the first birthing center in Brooklyn and the only freestanding birthing center in metro New York.
- BBC is a homelike facility offering a pleasant alternative to the hospital setting.
- If a hospital birth is necessary, our midwives are able to attend normal deliveries at Maimonides Medical Center.
- BBC offers routine well-woman care, gynecological care including pap smear cervical screening, family planning and annual breast exam.
- BBC is guided by principles of prevention, safety, sensitivity, self-reliance, appropriate medical intervention and cost effectiveness in the maintenance of family health.
- BBC encourages family participation by allowing the presence of children and relatives (or anyone whom the laboring woman desires) at the birth.
- Reports by the Institute of Medicine illustrate that midwives are effective in managing the care of pregnant women, resulting in fewer premature and low-weight infants, as well as lower cesarean section rate.
- BBC and its midwifery care are covered by most major health insurance programs including Medicaid.
- BBC offers “high touch” rather than “high tech” care.

MEET OUR STAFF

Executive Director

Fran Schwartz, CEO

Fran has been developing and managing midwifery and OB / GYN practices in the New York City area since 1991. She was the Executive Administrator of a large private OB/GYN practice for 13 years, which she developed into five offices delivering over 2,500 babies at Maimonides Medical Center. Most importantly, she spearheaded its merger and acquisition of another practice to provide an extensive midwifery program for women in Brooklyn. She also founded a midwifery practice, WomEncare, in 1992 and served as Executive Administrator. Her goal is to use her expertise to showcase Brooklyn Birthing Center as the best place for a woman to naturally birth in a warm, nurturing, out-of-hospital setting. She plans on expanding BBC so that it can provide more services for clients and families.

Director of Midwifery

Linda Gaglioti, CNM

Linda Gaglioti received her BSN at Adelphi University in 1983, and received her MSN (Clinical Nurse Specialist, Perinatal Track) from Adelphi University in 1992. She went on to receive a Certificate in Nurse-Midwifery from Columbia University in 1994, and earned a Certificate in Teaching (focus on midwifery) from the University of Pennsylvania in 1997. Linda served as a labor & delivery nurse from 1983 to 1994, and began her career as a nurse-midwife at Maimonides Medical Center in 1994. She was the Assistant Director of Midwifery at Maimonides from 2009 to 2012, when she was hired as the Midwifery Director at BBC.

Staff Midwives

Barbara Bechtel, CNM

Barbara Bechtel began working as a labor & delivery nurse in 1974, after earning her BSN at Ball State University in Indiana. She earned her MSN from Ball State University in 1980, and subsequently became the head labor & delivery nurse at Ball Memorial Hospital (BMH). Barbara began serving as a Family Nurse Specialist beginning in 1988, became an instructor of nursing in 1990, and became a perinatal nurse consultant in 1992. Barbara earned her Certificate in Nurse-Midwifery from the Frontier School of Midwifery and Family Nursing in 1997, and served as a midwife, manager, and owner at Expectations Birthing Center from 1998 – 2011. She began her career at BBC in 2012.

“In 2000, I became the owner /manager of Expectations Birthing Center in Indianapolis. As a nationally renowned expert on birthing centers, I very much wanted to work at BBC. It is a real birthing center practicing natural childbirth with a midwifery / hospital safety net.”

Andrea Diamond, CNM

Andrea earned a BS in Psychology at Brooklyn College in 1992, completed a certificate program at the Swedish Institute for Massage Therapy in 1996 (she specializes in prenatal massage!), and obtained her yoga teaching certification from the Sivananda Vedanta Ashram in 2001. Andrea went on to earn her BSN in 2004 and her MSN in 2007, both from SUNY Downstate. She has been working as a nurse and as a midwife in New York since 2004, and she joined the BBC team in 2008.

“I began my midwifery career working in a hospital where the majority of my time was spent charting notes as opposed to being with a woman during her labor. Office visits weren’t much better, as I had little time to spend truly addressing women’s needs. The hospital setting, where low risk women were routinely subject to unnecessary interventions and cookie-cutter treatments, truly went against the grain for me.

I’m thrilled to have been asked to join Brooklyn Birthing Center (BBC), where I am free to practice midwifery the way I believe it should be done— as individualized as each woman and each labor is. At BBC, I have the opportunity to form relationships with our patients and their families; spend

quality time addressing their concerns; and to ultimately share in their labor experience as more than just a provider, but as someone with a deep connection and caring for the women I have shared a nine month journey with.”

Farinaz Bakraei, CM

Farinaz Bakraei earned her BS in Midwifery from Azad University of Medicine in Tehran, Iran in 1992. In 2008, she earned her MS in Midwifery from SUNY Downstate, where she was recognized for Excellence in Research. Farinaz worked as a staff midwife in Tehran, New Jersey, and New York from 1993 – 2011, and began her career at BBC in 2012. She is fluent in English and Persian and proficient in Arabic.

Laurie Brucia, CNM

Laurie Brucia earned her BS in Nursing from Florida Atlantic University in 1988, and went on to earn a MS in Parent-Child Nursing, specializing in Midwifery, from The University of Miami in 1994. Since 1994, she has worked as a Nurse-Midwife in Iowa, Florida, Tennessee, and New York. In addition to her extensive clinical experience, Laurie initiated the first CNM service at Allen Memorial Hospital in Waterloo, Iowa; served as Secretary and Treasurer for the Iowa ACNM Chapter; served as a preceptor for nursing students, advanced practice nursing students, medical students and residents in OB/GYN; developed educational preceptorships for labor & delivery, pediatrics and NICU settings; and taught maternal-child health courses for aspiring LPNs. She joined the BBC team in 2012.

“I believe that we are privileged to assist women in bringing life into the world, to educate and support all women with respect to their bodily functions, and enhance safe and satisfying health maintenance throughout the woman’s life cycle. Midwifery is not just a profession but a belief system...a belief that the woman’s body is designed to work in harmony with her mind and spirit. Our function as Midwives is to offer evidence-based health information and provision of care in partnership with women. This allows a woman the opportunity to make good health choices during her interdependent role within family and society so as to cultivate a life direction unique to her which may include pregnancy and birth controlled by choice.”

Jacklyn Lahav, CNM

Jacklyn Lahav earned a BA in Biopsychology from Barnard College in 2002, and went on to earn a BS in Nursing from Columbia University in 2006 and an MS in Nurse-Midwifery from New York University in 2009. After completing her Nurse-Midwifery degree, she provided OB/GYN care in a variety of NYC-area settings and eventually opened her private GYN practice, Jacklyn Lahav Midwifery. Jacklyn began working part-time at BBC in 2012, and she continues to offer comprehensive, individualized well-woman care through her private practice. She speaks some Spanish and Hebrew.

“I’ve always believed that optimal midwifery care is evidence-based and individualized, regardless of the setting in which it is provided. My job as a midwife is to provide women with the information they seek so that they steer their own plan of care. The birthing center is a perfect setting for this kind of practice. I’ve had two home births myself, and fully appreciate that kind of autonomy from a client’s perspective.”

Consulting Obstetricians and Owners

Medical Director

James Ducey, MD, FACOG

James Ducey, MD is a board certified OB/GYN and Perinatologist (high risk specialist). He is Director of both the Division of Maternal / Fetal Medicine and the Center for Women’s Health at Staten Island University Hospital (SIUH) North Shore LIJ. He will not permit any attending OB physician at SIUH to perform a primary elective cesarean section. He is convinced of what is already becoming apparent— that the maternal mortality rate in the US (while low) is on the rise because of the dramatic increase in unnecessary cesarean sections.

Dr. Ducey is available 24/7 for consultation on any question regarding our clients. He reviews all new OB charts, and reviews all client charts at 36 weeks to ensure that clients are eligible to birth at BBC in compliance with our Policies and Procedures. When appropriate, Dr. Ducey co-manages higher risk pregnancies with our midwives.

Executive Physician

Norma Veridiano, MD, JD, MBA

As co-founder of Brooklyn Birthing Center, Norma Veridiano, MD, has been an invaluable source of support and guidance in the development of our practice. She is a board certified OB / GYN with a large private practice in Brooklyn. Although she has retired from the practice of obstetrics, she remains a terrific referral for clients in need of gynecological follow-up not within the purview of midwives. One of her offices is located downstairs from BBC.

Sol Neuhoff, MD

As co-founder of Brooklyn Birthing Center, Sol Neuhoff, MD realized his long-held dream of opening the first freestanding birth center in Brooklyn. His persistence and dedication to the vision of providing a birthing center option for NYC-area families enabled BBC to finally open its doors after nine years of planning.

Dr. Neuhoff is a board certified OB / GYN. Over the course of his long and distinguished career, he has worked in academic, hospital, and private practice settings. As a traditionally-trained obstetrician, he is skilled in techniques that facilitate, rather than interfere with, the natural birthing process. Dr. Neuhoff is semi-retired, but remains deeply engaged with our practice.

Office Staff

Office Manager

Abbe Schreiber

Abbe Schreiber has over fifteen years of experience in healthcare and social service office administration. She earned a certificate in Medical Coding and Billing from Kingsborough Community College in 1995, and began working as a medical biller and administrative assistant at a Brooklyn-based private practice shortly thereafter. In 2001, she was hired as Executive Secretary to the CEO at Ohel Children's Home and Family Services, a large NYC-area social service agency. Over the next decade, she assumed increasing responsibility for operations, outreach, and client services at Ohel, eventually serving as Executive Assistant to the Director of

the Ohel Lifetime Care Foundation and as Community Outreach & Intake Specialist. She was hired at BBC in early 2011, where she is responsible for Medicaid applications, insurance credentialing, and general office administration.

“As a mother and grandmother of a large family, the process of giving birth has always been extremely special to me. I chose natural, out-of-hospital births myself, and I am grateful that my own birthing experiences were so positive and empowering. I am passionate about giving women the tools to experience this awesome event in their life cycle, and I am therefore deeply committed to the BBC model of care. I am excited and proud to be a part of the BBC team.”

Medical Assistant / Birthing Assistant

Maggie Torrance

Maggie Torrance began her career in human services in 2005, when she started working as a counselor for at-risk adolescents at Ramapo for Children in Rhinebeck, NY. During her tenure at Ramapo for Children, Maggie taught independent living skills, developed a GED curriculum, and conducted outreach. She was eventually promoted to Program Manager. In 2006, Maggie worked with pregnant and parenting adolescents (including young women in labor) at the Triple L Youth Ranch. In 2011, she completed a DONA Birth Doula Training and started her freelance doula practice. Maggie was hired as an on-call birthing assistant at BBC in 2011, and joined our full-time staff as Medical Assistant in 2012. She holds a BA in Family Science from Anderson University.

“I began working with pregnant and parenting clients and attending births in 2006. I immediately fell in love with birth work, and I have since attended over 75 births. I enjoy working with women and their families, and I feel honored to be present during their special, life-changing events.”

Patient Coordinator

Geanine Hunte

Geanine Hunte has held multi-faceted administrative roles in busy office environments since 1995. Her prior experience in a variety of legal, business, and non-profit settings included phone triage, database management, document preparation, accounting assistance, liaising with partner

organizations, and working with Brooklyn teens. When she applied to join the BBC team, her stellar organizational and interpersonal skills were immediately recognized. As BBC's Patient Coordinator, Geanine is well-known for her sharp memory and attention to individual patient needs. She holds a Business Diploma from Franklin D. Roosevelt High School and has completed accounting coursework at Baruch College.

"When I first began working at BBC, I was impressed by the sense of community among staff members and patients. I enjoy working in an environment where women receive empowering, compassionate, and family-centered care."

Administrative Coordinator

Rachel Anne M. Libon

Rachel Anne M. Libon has worked in a variety of social service and public health settings since 1999. Her experience includes assisting with community sanitation projects in the Dominican Republic and Nicaragua, working as a residential aid in a homeless shelter in Ireland, and spearheading cooperative development initiatives in Minneapolis, Minnesota and Portland, Oregon. In addition to her background as a direct service provider, Rachel Anne has extensive experience as a bookkeeper / finance manager, outreach coordinator, and community organizer. She was hired at BBC in 2012, where she maintains financial records and practice statistics, manages BBC's web presence, organizes events, conducts outreach, and liaises with patients. She holds a BA in Cultural Studies from Macalester College and is proficient in Spanish.

"I believe everyone deserves compassionate, empowering, and individualized health care and health education. I love sharing information, and I strive to make BBC's midwifery services and educational resources as accessible as possible."

Financial Obligation of the BBC Client

Insurance Plans:

The providers of BBC are in network with almost all major insurance plans. The use of the birthing center instead of a hospital has also been successfully contracted with many major insurance payers as an in-network facility. In the few circumstances otherwise, BBC has worked out agreed terms with those insurers.

The best way to find if your insurance plan requires any out-of-pocket payments is to provide BBC with a copy of your insurance card at your orientation. Our billing department will call your insurer to verify your benefits, and will call you to discuss the details of your insurance plan before your first visit. Persons with HMO coverage should also speak with our Office Manager, Abbe Schrieber, or the Director of the BBC.

Be aware, however, that if your insurance company absolutely refuses to authorize care and birth at BBC, you will be responsible for the cost of your care. Please see the section below on self-paying clients.

It is crucial that you know your insurance policy. Find out whether your policy requires that you pay a deductible (an amount you must pay out-of-pocket each year before the insurance company will pay any bill). Are you responsible for co-pays? Does your policy require that you get a referral to see a midwife? Does your policy contract with a lab? Call your insurance company to verify your benefits and obligations under your insurance plan.

Prenatal Care Access Program (PCAP) for the Uninsured

BBC will register our uninsured clients for PCAP (New York State's **Prenatal Care Access Program**). Those eligible will receive care with a Medicaid Managed Care Plan.

PCAP: New York's Prenatal Care Assistance Program

This Program provides Medicaid through a Medicaid Managed Care Plan. At the present time, we have arrangements to accept Medicaid patients under the managed care plans of Amerigroup-HealthPlus and Healthfirst. If you are eligible for Medicaid, then you must have enroll in one of these plans in order to receive care at BBC. If you have no insurance, we will check your eligibility and help you apply. If you are already enrolled in another plan and early in your pregnancy, you are able to switch your plan accordingly.

Baby's Insurance

Please be aware that your baby must be covered by a health plan within 30 days of birth. If yours is not a family plan, you may not be able to place your newborn on your plan. All children are eligible for Medicaid under New York State's Child Health Plus Program, but you should enroll your newborn soon after birth— coverage will not begin until the first of the month after you enroll your baby. PCAP's Medicaid allows you to enroll your baby as soon as you know you are pregnant. **It pays to research your options!** Child Health Plus works on a sliding scale

Please be advised that your midwife will perform a well baby exam at birth and either the midwife or a registered nurse will do so again within 2-3 days later in your home. State mandated blood tests, hearing screens and other exams will be performed. These check-ups ensure the health and well-being of your baby and will be billed to your baby's insurance. In the absence of an insurance plan for your baby, **you will be responsible for these charges.** Kindly make the necessary arrangements and inform the receptionist during your pregnancy (for Medicaid / PCAP patients) or by your 34th week which insurance plan will be covering your child and the ID number.

For the Self-Paying Client:

The charges for the use of Brooklyn Birthing Center as a facility and the professional fees of the midwives totals \$9,000, which includes all prenatal care, delivery, recovery, initial newborn exam, a postpartum home visit, and sixth week postpartum visit. Essential and/or optional laboratory tests, sonograms etc. are billed directly by the lab or perinatology center which are your responsibility or reimbursed by your insurance payer. In the event of hospitalization or any hospital service required (such as x-rays), the cost thereof shall be the obligation of the client, who will be billed directly.

In the event you plan to self pay for the services rendered as described above, you may select one of the following plans of payment by initialing the appropriate box. If you select plan A, a discount of \$500 will be given.

PLAN A. Payment in full upon acceptance

PLAN B. Payment will be made in installments as follows:

1. \$2,000 shall be due upon acceptance
2. \$1,000 shall be due one month after acceptance
3. \$2,000 shall be due two months after acceptance
4. \$2,000 shall be due three months after acceptance
5. \$2,000 shall be due four months after acceptance

All fees must be paid in full no later than the 34th week of pregnancy. Checks should be made payable to Brooklyn Birthing Center. **If the cost presents a difficulty, please discuss your concerns with us so that we may assist you.**

STATEMENT OF CLIENT'S RIGHTS & RESPONSIBILITIES

The staff of the Brooklyn Birthing Center believes that families and health care providers should work together to provide safe, high quality care during, with each party having right and responsibilities.

CLIENT RIGHTS

Clients have the right to:

1. Receive services without regard to age, race, color, sexual orientation, religion, marital status, sex, national origin or source of payment.
2. Be treated with consideration, respect and dignity including privacy in treatment.
3. Be informed of the services available at the birthing center and of the identity, qualifications and liability insurance status of care providers, consultants and related services or institutions.
4. Be informed of the provisions for off-hour emergency coverage.
5. Be informed of the charges for services, eligibility for third party reimbursements and if applicable, the availability of free or reduced cost care.
6. Receive an itemized copy of their account statements, upon request.
7. Obtain from their health care providers complete and current information concerning diagnosis, treatment and prognosis in terms that can be reasonably understood, so that clients may participate in decisions relating to the plan for management of their care.
8. Receive from their providers information necessary to give informed consent prior to the start on any non-emergency procedure or treatment or both. It shall include, at minimum, the provision of information concerning the specific procedure or treatment or both, the reasonably foreseeable risks involved, and alternatives for care of treatment, if any, as a reasonable medical practitioner under similar circumstances would disclose in a manner permitting the client to make a knowledgeable decision.
9. Be informed by their providers of any potential direct or indirect effects, risks or hazards to the client or unborn or newborn infant which may merit consideration of alternative therapy.
10. Be informed, prior to the proposed therapy, not only of the benefits, risks and hazards of the proposed therapy, but also of known alternative therapies.
11. Determine for themselves, without pressure from their providers, whether they will accept the risks inherent in the proposed therapy of screening procedure or refuse the drug or procedure, and to be informed of the medical consequences of their actions.
12. Refuse to participate in experimental research or student education programs.
13. Voice grievances and recommend changes in policies and services to the birth center's staff, or the New York State Department of Health without fear of reprisal.
14. File written complaints with the Midwifery Director of the Birth Center around any aspect of their care and / or file complaints with the State Education Department about a licensed professional, or about the care and services provided.
15. Be accompanied during the labor and birth process by someone to whom they can look for emotional comfort and encouragement.
16. Privacy and confidentiality of all information and records pertaining to their treatment and care.
17. Approve or refuse the release or disclosure of the contents of their medical record to any health-care practitioner and / or health-care facility except as required by law or third party payment contract.
18. Access their complete clinical records and to receive a copy upon payment of a reasonable fee pursuant to the provisions of Section 18, Subpart 50-3 of the Public health law.
19. Be of all events that occur during birth, and of the client's and baby's continuing health care needs.

CLIENT RESPONSIBILITIES

Clients have the responsibility to:

- Learn about the physical and psychological process of pregnancy, birth and postpartum recovery.
- Provide complete and accurate information regarding health history and lifestyle to their care provider.
- Discuss the birth setting and assure that both partners are in agreement as to the chosen setting.
- Arrange for a companion or support person to share in their plans for birth and to accompany them during the experience, including care at home for the first week.
- Make preferences known clearly to her providers.
- Obtain information in advance regarding the cost of their care.
- Listen with an open mind to their chosen providers, just as they expect them to listen openly to them.
- Learn about the client's and baby's continuing care needs after discharge through reading and attending required classes. This includes arranging for an appropriate infant care provider and for help with housework and childcare in the postpartum period.
- Change their providers, if desired, and notify all concerned, well in advance of the birth if possible, and inform them of the reasons for the change.
- Behave toward those caring for them with the same respect and consideration they themselves would like.
- Put in writing constructive comments and feelings of satisfaction and / or dissatisfaction with the care provided.
- Obtain information in advance regarding the approximate cost of maternity care and then meeting this financial commitment.

Doulas

“When a doula is present during and after childbirth, women report greater satisfaction with their birth experience, make more positive assessments of their babies, have fewer cesareans and requests for medical intervention, and less postpartum depression.” *DONA website, Doula Facts*

We believe that for a Brooklyn Birthing Center birth, doulas are particularly useful in the early stages of labor and can assist you one-on-one with any emotional, physical, or information support that you might need at home. Once in the active phases of labor, a doula becomes part of the BBC birth team, helping to maintain the continuity of care and reinforce the careful nurturing of a mother in labor.

In order to find the best doula for you, we suggest interviewing at least 3 doulas to ensure that they have the skills, experience and energy that you want for your birth. **Please also note** that some doulas offer their services *before* and *during* a birth, while others specialize in working with families *post-partum*. Some doulas also offer childbirth education, breastfeeding support, or placenta encapsulation. Please explore the websites listed below or contact the doulas directly to learn more.

We have seen the following doulas in action and recommend their services:

DOULAS

London King, Push Love Doula

www.pushlove.com/

Lena DeGloma, Red Moon Doula

Offering doula services, massage, and CBE

www.redmoonmassagetherapy.com/

Terri Richmond

Terry also works with Birth Day Presence (below).

<http://doulaterri.com>

Shara Frederick

Labor and post-partum doula, CBE

<http://sharafrederick.com/shara/Home.html>

Shalawn Facey

Senior BBC Birth Assistant, labor and post-partum doula, and CLC

<http://about.me/ShalawnFacey>

Tatiana Escobar

Tatiana is a Birth Assistant at BBC and a labor and post-partum doula.

<http://www.birthsbytatiana.com/>

Winter's Play Place

Post-partum bonding support for moms with post-partum depression and mental health issues

<http://www.wintersplayplace.com/about.html>

DOULA GROUPS WITH TIERED EXPERIENCE

NYC Doula Collective

www.nycdoulacollective.com

Birth Focus

www.birthfocus.com

VOLUNTEER DOULAS

The Doula Project

(for families making less than 30K)

www.doulaproject.org/

Ancient Song Doula Services

Affordable services and workshops

www.ancientsongdoulaservices.com

By My Side Birth Support

For women in zip codes:

11201, 11212, 11216, 11221, 11233

Contact Mary Powel Thomas

[Mthomas7 @health.nyc.gov](mailto:Mthomas7@health.nyc.gov)

Metropolitan Doula Group

www.Metrodoula.com

Birth Day Presence

www.birthdaypresence.net

2183 Ocean Avenue, Brooklyn, New York 11229 Tel 718-376-6655

www.brooklynbirthingcenter.com

Childbirth Education

“Childbirth education can bring birth back to the basics and help you let go of fear (really). The end result is a safer, more empowered birth.”
Lothian, Judith. 2011 Guide to a Healthy Birth by Choice in Childbirth.

The following list represents local childbirth education classes that our parents have found useful in their birth preparation. Please look at the websites for more information, including scheduling and pricing information.

BklynBirth

Phone: 718-512-5002
info@bklynbirth.com
www.bklynbirth.com

Birth Day Presence

Phone: 917-751-6579
www.birthdaypresence.net

Ellen Chuse Childbirth

Phone: 718-789-1981
<http://www.ellenchusechildbirth.com/>

Tribeca Parenting (Lamaze)

8 Locations in Brooklyn and Manhattan
Phone: 646-863-4500
www.tribecaparenting.com

Cori Luszc

East New York and Brownsville Locations
Phone: 347-276-2819

Mom Douлары

Phone: 347-500-6038
<http://momdouлары.com>

London King of Push Love Doula

Private classes
Phone: 917-496-8119
www.pushlove.com

Full Womb Birth

Kate Klein (former BBC employee)
971-657-4750
fullwombbirth@gmail.com

HypnoBirthing

Debi Traci
Phone: 516-351-7792
www.onebirthatatime.com

HypnoBirthing NY

Maeva Althus, CHt
Phone: 347-217-0299
<http://www.hypnobirthingny.com/>

Mindful Birth NY (Bradley Method)

Mary Esther Malloy-Hopwood
Phone: 646-253-5716
www.mindfulbirthny.com

Healthy Start Brooklyn Childbirth Class

Maimonides Labor & Delivery
Phone: 718-283-7614

Other Recommended Practitioners

Massage

Red Moon Doula

Lena DeGloma
Offering doula services, massage, and CBE
www.redmoonmassagetherapy.com/

Integrative Bodywork

Amy Baker, LMT
Amy is a former BBC patient!
She offers bodywork for moms and babies
Phone: 917-509-6115
www.amybaker.org

Acupuncture

2nd Nature Acupuncture

Esther Hornstein, L.Ac., MSAc
Menstrual irregularity, fertility issues, pregnancy
Phone: 917-414-3831
acupunctureesther@gmail.com

Breastfeeding Support

The First Latch

Paula Utila, IBCLC
Paula offers breastfeeding support at BBC!
Phone: 718-208-5710

Shalawn Facey, CLC

Shalawn is a doula, and BBC's Senior Birthing Assistant!
Phone: 347-232-0511

Physical Therapy

Renew Physical Therapy

Phone: 1-877-736-3978
Pelvic floor restoration
<http://renew-pt.com/>

Yoga

Brooklyn Yoga Collective

Affordable, sliding-scale pre-natal yoga
<http://brooklynyogacollective.com/>

Harlem Yoga Studio

Affordable, donation-based prenatal yoga
<http://www.harlemyogastudio.com>

Prenatal Yoga Center

Yoga and workshops
Phone: 212-362-2985
www.prenatalyogacenter.com

GoGo Babies

Pre-natal and baby yoga, bodywork, classes
Phone: 718-643-6064
<http://www.gogobabies.net/>

Please see the Resources Directory section of our website for our most comprehensive and up-to-date list of recommended doulas, childbirth educators, pediatricians, and other practitioners.

MAIMONIDES LABOR & DELIVERY TOUR



FOR COUPLES

7:00 PM on MONDAYS
October 8 & 29
November 5 & 26
December 10 & 17

WOMEN ONLY

7:30 PM on MONDAYS
October 15
November 12
December 3

TOURS LAST APPROXIMATELY 1 ½ HRS

CALL (718) 283 – 7614 TO MAKE AN APPOINTMENT

**4802 10TH AVENUE
BROOKLYN N.Y. 11219
Bet. 48th & 49th Street**

Prenatal Breastfeeding Workshops at the BBC



Pregnancy is a great time to start learning about breastfeeding!
Come join us for a full 2 ½ hr Breastfeeding Workshop

You'll learn everything you need to know about breastfeeding
to help get you off to a good start!

Some of the topics we cover are:

Why should I breastfeed my baby?
What can I do to prepare for breastfeeding?
When will my milk truly come in?
Is my baby getting enough?

Breastfeeding and hospital, birthing center, or home births
Hand expressing techniques and pumps
Positioning for optimal latching
Baby wearing and co-sleeping
Nutrition for breastfeeding

Class is \$45 per couple
For more information, contact:

Paula Uilla, IBCLC, LLLL
718-208-5710
paulafelice@aol.com

2183 Ocean Avenue, Brooklyn, New York 11229 Tel 718-376-6655
www.brooklynbirthingcenter.com