

Sally Head
7575 ANYWHERE ST.
HOUSTON, TEXAS 77777

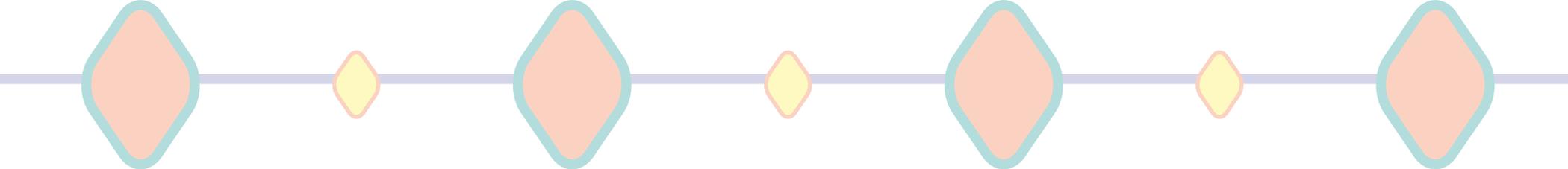
SALLY HEAD

LABOR SUPPORT
CHILDBIRTH EDUCATION
CONSULTATION SERVICES



7575 ANYWHERE ST.
HOUSTON, TEXAS 77777
(713) 876-5432

“Research has documented that women with continuous labor support have significantly shorter labors, experience fewer complications, interact more favorably with their newborns, and are more likely to breastfeed successfully.”



What does a labor support do? A labor support provides continuous emotional and physical support to the laboring woman and her family, offering encouragement and guidance throughout the entire birth process. The labor support's experience with many births enables her to suggest a variety of ways to achieve a more comfortable and effective labor. These may include massage, breathing techniques, walking, position changes, and other strategies and coping skills. Her presence enhances and personalizes each woman's birth experience. The labor support does not take over the role of the father. Instead, she offers him support, enabling him to participate more fully in the birth process. When circumstances prevent a father from being present, labor support becomes even more essential.

Sally Head is an independent childbirth educator, not affiliated with any hospital, doctor, or special interest group. From her broad base of knowledge and experience she has developed classes using an interdisciplinary approach, combining the most effective techniques from a variety of childbirth theories and methods. The primary focus of these classes is on uncomplicated vaginal birth and avoiding unnecessary medical intervention through various self-help strategies. Current information is presented on obstetrical tests, technology, and common practices likely to be encountered by the childbirth consumer.

Childbirth education includes:

- Private and group classes
- Weekend intensives
- V.B.A.C. classes

Private consultation is offered on an hourly rate basis to explore childbirth options and to assist in developing a personal birth plan.

Sally Head's experience has shown her that birthing couples need professional guidance in understanding birth technology and widely varying obstetrical opinions. Once parents have defined their objectives, she enjoys helping them achieve those goals. Drawing on her years of experience with the local birth community, she can help guide you to other health care professionals to round out your team. Referrals made include: