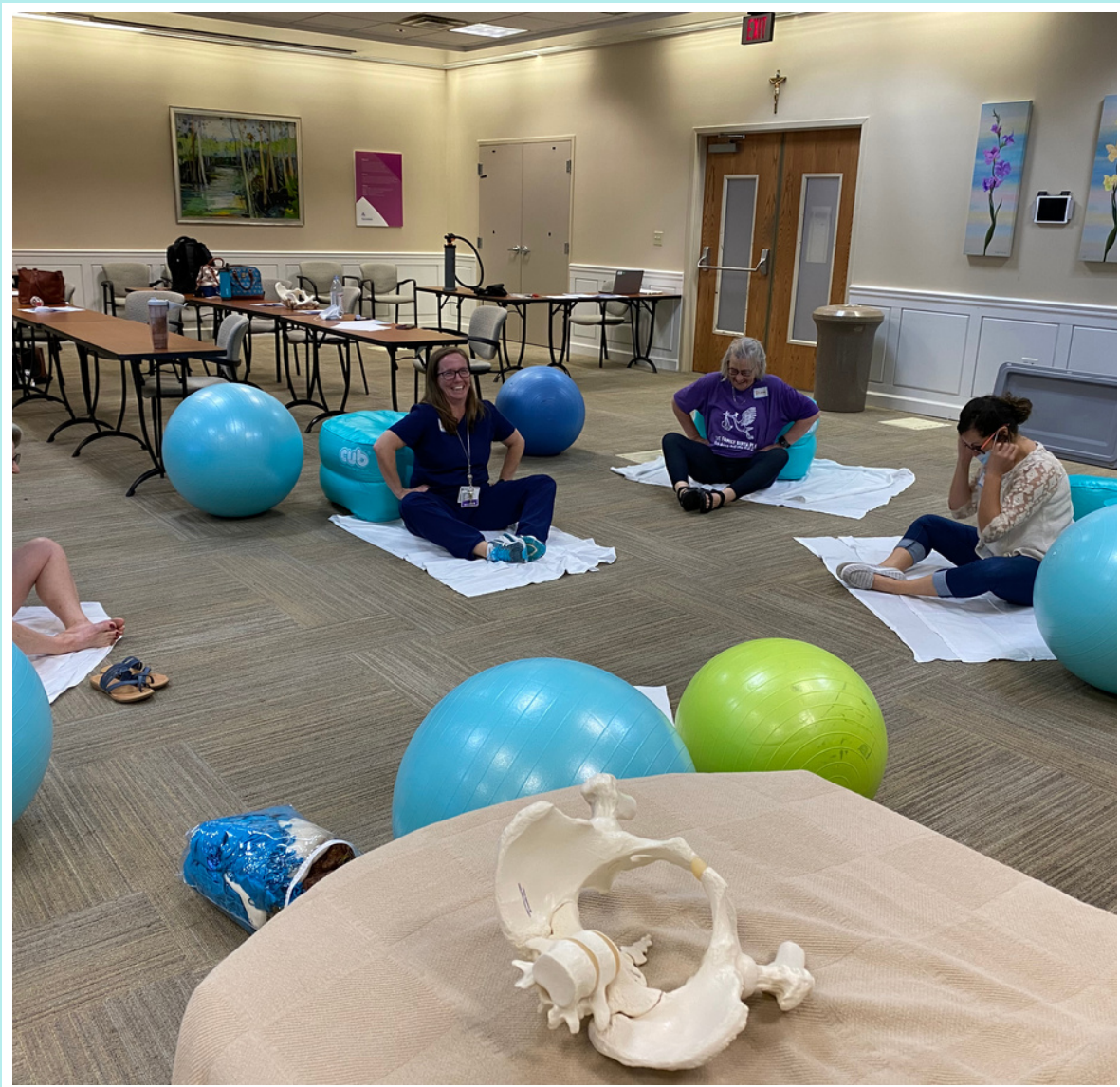


# Labor Tools for Birth Pros

**Emily Wannenburg**

DNDM, CLC, HBCE, AdvCD(DONA), 4TFM



**BRINGING  
OUTSIDE - OF - THE - BOX THINKING  
TO THE INSIDE OF THE LABOR SUITE**



**4th Trimester Fitness®**

METHOD

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## Emily Wannenburg

DNDM, CLC, HBCE, AdvCD(DONA), 4TFM



Emily Wannenburg, is the founder of 4th Trimester Fitness® Method, a company devoted to the physical and educational preparation for labor, birth and postpartum. A (retired) nurse midwife, personal trainer, and birth doula, it has been her delight to combine her 30+ years of professional expertise to create a company culture devoted to “Improving Birth through Movement and Education”. She is a popular speaker known for her “hands-on-get-up-and-move” approach to sharing information and firmly believes that when you teach one, you reach many!

***As a midwife for 45 years, there are few continuing education speakers and sessions that capture my deep listening from beginning to end. Emily Wannenburg not only brings excitement, expertise and energy to her presentations, but also a depth of information central to health-related needs of most pregnant and parenting moms — often never discussed in their healthcare. For anyone that has opportunity to spend time with Emily, you will learn more than imaginable.***

**-Ginger Breedlove,**

**PhD, CNM, FACNM, FAAN**



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# WHAT YOU CAN EXPECT

HANDS ON DISCOVERY

**See It Do It Teach It**  
**For every learning style!**

Your staff should come prepared to role play and wear comfy clothing! They will experience: Lecture, hands-on learning, taking a deeper dive into biomechanics, pelvic diameters, the role that maternal movement and positioning make on fetal station, labor progression, and more.

“

*I have been to other workshops that were supposed to build my Labor ToolKit as a nurse and midwife, but THIS is the workshop where I finally understood the WHY behind the WHAT I was supposed to do.*

**100% recommend!**

- ACNM 2023 workshop attendee

”



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# FAQ's



## HOW DO MY NURSES SIGN UP FOR THE EVENT?

They will register online. Depending on which package you choose, they will self-pay on line or simply register for attendance purposes.



## WHAT DOES OUR STAFF NEED TO BRING TO THE WORKSHOPS?

They should wear comfy clothing and bring a yoga mat or a towel for the floor. Emily brings Birth Balls, Peanut Balls, Cubs, Rebozos, and Pelvises to the workshop. Staff members may want to bring a pen, snacks and water with them.



## WHAT IF A STAFF MEMBER CHOOSES NOT TO GET ON THE FLOOR OR DO MOVEMENTS?

They will still learn much simply by observing and being the “nurse” in the role play. Active participation encouraged but is not required!



## WILL THIS WORKSHOP COVER WORKING WITH OUR EPIDURAL PATIENTS?

Absolutely! Everything in this workshop can be applied to your unmedicated and your medicated patients.



## WHAT DOES THE HOSPITAL NEED TO SUPPLY?

Table and chairs, hospital bed(s), sheets, towels, access to internet and screens for powerpoint presentation.



## ARE THERE CONTINUING ED HOURS OFFERED?

Currently, we offer 5 CECs from ICEA ( International Childbirth Education Association). Nursing CECs are being applied for.



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# Labor Tools Package Options



## WHAT YOU'LL GET:

- 8 hours of instruction (1 hour lunch)
- Handouts for participants
- Posters of labor positions for your unit

## YOUR INVESTMENT OPTIONS:

● **\$4200 FLAT RATE FOR THE 8 HOUR WORKSHOP FOR UP TO 20 PARTICIPANTS**

● **\$6000/(2) 8 HOUR WORKSHOPS FOR UP TO 20 PARTICIPANTS EACH TIME**  
(MUST RUN ON CONSECUTIVE DAYS)

● **\$3000 RETAINER FOR THE 8 HOUR WORKSHOP PLUS \$225/REGISTRATION**

*Emily recently presented for Lamaze's Annual Summit in one of our pre-con sessions. As member of the Summit Planning Committee I was blown away. The reviews for the session were dazzling and I couldn't agree more. The session was interactive, informative, and I left with information that I will use in every laboring patient. From planning to presenting, Emily was a joy to work with and I can't wait to hear more in the future!*

**-Meghan Hebert Bardwell,  
MSN-CNM, LCCE, CLC  
(Lamaze Summit Committee Member)**



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