

*A Handy Reference to Labour & Birth...*

*From Dale Alleyne-Ho E.C.E, CCBE, LE*

*For Immediate Release*

Founder of 'Learning for Life', and experienced childbirth educator, Dale Alleyne-Ho, presents a handy step-by-step reference guide that expectant couples can readily refer to throughout the labour process.

The guide will be particularly useful for women experiencing their first pregnancy, and also anyone wishing to access good practical and professional information about how best to support a woman in labour.

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Although there are several pregnancy and birth titles on the market today, this is the first that focuses primarily on preparing the expectant couple, physically and emotionally, for the final few weeks of pregnancy leading up to the first contraction.


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Fully illustrated, the guide includes a wealth of information including:

- Comfort measures and relaxation techniques for each stage of labour
- Breathing pattern and effective positioning charts/diagrams
- Helpful lists for couples of 'what to pack' for the hospital
- Support ideas to help the mother cope during her labour

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The Guide can be used for both home and hospital births.



*The  
Ultimate Guide  
to Labour &  
Birth*

Schiel  
& Denver

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**The Ultimate Guide To Labour & Birth  
by Dale Alleyne-Ho**

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