

SUPPORTED BIRTH

Course Information for pregnancy and childbirth



*Last Revision © October 2025
Edited and written by Jana Wernor*

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"You are about to take a journey through Laborland, an unfamiliar place where you will be taken to your physical and mental limits. In the midst of this challenge, you don't want to lose your way. You don't want to forget what you already know in your heart and body - or forget that you will not make your journey entirely alone - your baby will make the journey with you, and you will choose the presence of loving labor companions."

Adapted from *Birthing From Within*, Pam England



* REMEMBER: YOUR BODY KNOWS HOW TO GIVE BIRTH! *

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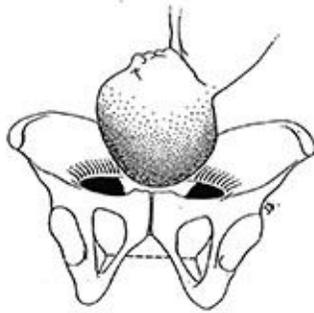
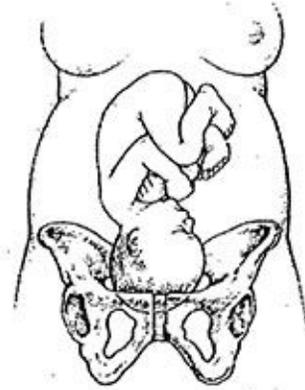
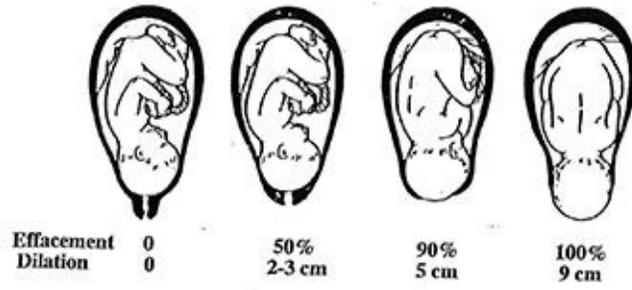
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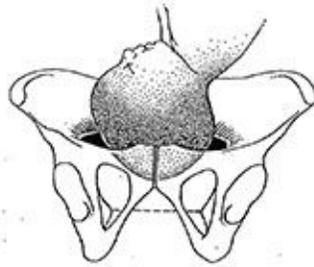
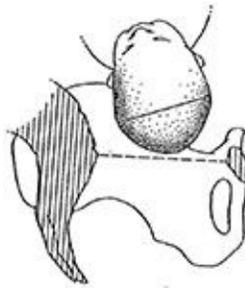
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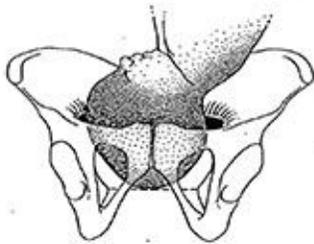
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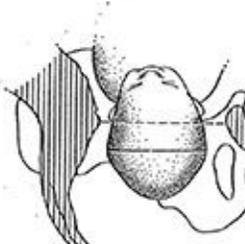
A. Floating.



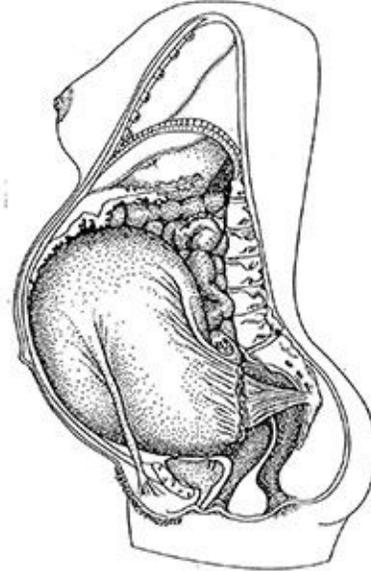
B. Dipping.



C. Engaged.



Uterine Ligaments



Scott & Lily Keenan's Birthing Plan for Samuel Maxwell:

- * All Doctors and Nurses must wear Glittery Tap shoes at all times.
- * When Samuel is born, Dr. Bates (or Dr. Dwight or both as a duet) must sing in full voice, "Don't break my heart, my achy breaky heart."
- * All nursing staff must wear glittery nail polish and colorful wigs.
- * Please NO hospital greens or whites; we will require all Doctors, Nurses and spectators to wear 50's bikinis and swim trunks.
- * To avoid unnecessary medication during birth, Scott must test all medication first. If Scott breaks out into a James Brown impersonation, then the Medication can be administered.
- * To avoid Episiotomy, Lily wishes to give birth orally. The pain Lily will experience will make her mouth dilate to over 20 centimeters, thus ensuring an easy delivery.
- * So as not to confuse Samuel after his birth, all people present must speak in Latin.
- * After Samuel has been bathed the Nurses must immediately dress him in his Miniature Elvis suit, with cape.
- * After Samuel's eyes have been cleaned, Samuel also must wear his gold-rimmed Elvis sunglasses.

Yours sincerely, Scott & Lily Keenan



Supported Birth was created by Jana Wernor in 1995. Beginning her training with certification from AAHCC (Bradley Method), she continued on to study academic Midwifery with ACHI (Association for Childbirth at Home Intl.), Advanced Labor Support with Penny Simkin, RPT, Birthing From Within Level One Childbirth Preparation with Pam England, CNM, and many other nursing and midwifery technical courses. She believes that the credibility of the "natural" approach to birthing must be backed by accurate technical knowledge, and that couples do best with a combination of objective information plus positive images and attitudes about a woman's capacity to give birth. No one birth outcome is expected, no one "method" is proclaimed. In addition, Supported Birth believes that handling the pain and intensity of labor without drugs will be made infinitely easier for a couple when an experienced and nurturing female labor companion is there with them for support. Thus Supported Birth's second level is the training of doulas (and teachers), and the promoting of a doula system within American hospitals.

Jana's daughter, Orit, was born naturally after 7 1/2 hours of labor.

Supported Birth
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