



## From Honeymoon to Babymoon

By Sandra Bardsley, RN, CD, LCCE, FACCE

So you're going to have a baby, CONGRATULATIONS! Becoming a parent is one of the most powerful and enlightening of human experiences. It changes your life forever, and it affects the lives of others. There are certain mysteries of life and love that can only be experienced through conceiving and having a baby. That is why parenting is such a gift. How true, but let's get real!

Moving into the realm of parenthood may sometimes feel a bit overwhelming. As those forty weeks begin to add up, your body is going to go through many changes, both physical and emotional. Those changes can cause aches and pains, swollen body parts, confusing feelings---you name it---all can cause a great deal of stress. Preparing for the big event of labor and birth and then dealing with the many changes brought on by early parenting can seem exhausting. It is easy to get caught up in all of the preparations and miss the magic of creating a Joyful Birth Experience.

Fortunately, today, women and their partners are becoming more aware of several ways to care for themselves during pregnancy and to celebrate the beginning of parenthood. They are learning about ways to relax and relieve the tensions that come with being pregnant. Many couples celebrate the beginning of life together by enjoying a Honeymoon. I invite you to come celebrate the beginning of parenthood by enjoying a relaxing *Babymoon*; a relaxing trip that will set the stage for this new beginning in your lives.

A *Babymoon* is a special time where you can focus on and celebrate your last days as a couple before you enter the new, exciting and challenging world of parenthood. Enjoy leisure, pampering and gentle romance as you relax and shut out the everyday stresses

Joyful Birth

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and strains of pregnancy. Slowing down, getting a massage, taking some "me" time is necessary for every pregnant couple, plus it is a great way to connect with your body and your unborn child as you increase body awareness. During a *Babymoon*, you also become better prepared for labor, birth and early parenthood with Joyful Birth childbirth preparation woven into the trip.

*Babymoons* are now being offered here in Sacramento by **Joyful Birth**. Sandra Bardsley, RN, LCCE, FACCE, CD, recently moved to Sacramento from Portland, Oregon. In Oregon she found that pregnant couples, before the birth of their baby, really enjoyed these relaxing vacations. Sandra is now providing the same opportunity to pregnant couples in the Sacramento area.

Bardsley, Mother of five children, Grandmother, Registered OB Nurse, Lamaze certified childbirth educator with 30+ years of teaching experience, and author of the book, *Creating A Joyful Birth Experience: Developing a partnership with your unborn child for healthy pregnancy, labor and early parenting* (Simon and Schuster, 1994) , designed the *Babymoon* in order to create an open, supportive platform to address the dynamics of pregnancy and parenthood.

Future *Babymoons* may take couples to relaxing places such as the beautiful Ojai Valley Inn and Spa located 35 miles south of Santa Barbara, CA., Lake Tahoe resorts, north to beautiful wine country or west to San Francisco and ocean resorts. Other resort sites outside the United States also cater to pregnant couples who are having a *Babymoon*. Casa del Mar Beach, Golf and Spa Resort, located at the tip of Baja California is one such place to escape for your *Babymoon*. Cruising in the Mexican Riviera is another likely Babymoon trip.

Stay in touch with Joyful Birth for information on future *Babymoons*. Enjoy Creating A Joyful Birth Experience! [www.joyfulbirthclasses.com](http://www.joyfulbirthclasses.com)