

3<sup>rd</sup> International Conference on

# NURSING & MIDWIFERY

May 23-24, 2018 | New York, USA



## Anne Margolis

Home Sweet Home Birth, USA

### Birth trauma for moms and babies - prevention and healing

What is my story - the cascade of interventions and birth trauma with my first and second, why did I become a holistic nurse midwife after OB nurse (why I am passionate about doing what I do) - to restore humanity, empowerment, confidence, and deep joy a woman and her family can experience in the process of having a baby, and to improve birth outcomes for mamas and babies - physically and psychologically (our country ranks near the bottom among other industrialized countries in outcome stats with high rates of maternal and newborn mortality and morbidity and birth trauma, despite escalating rates of cesarean and medical interventions, and soaring costs. What is birth trauma for moms (and babies - that is another interview; 0)? How common is it? What causes it? What are symptoms? How to prevent it and how to heal - for mom and baby? How can mothers take back their pregnancy and birth, if they really want to be healthy and have a healthy baby? How to prepare for a natural, minimal intervention birth, restore calm and confidence in your ability to give birth, tap into your inner calm, your inner goddess and warrior strength and ROCK your journey to birth.

### Biography

Anne Margolis is a Licensed Certified Nurse Midwife, OB/GYN Nurse Practitioner, Certified Yoga Teacher and Clarity Breath work Practitioner. She is a 3rd generation guide to mommas birthing babies in her family. She has helped thousands of families in her 20+ year midwifery practice and has personally ushered the births of over 1000 healthy babies into the world. Through her online childbirth course 'Love Your Birth', her online and in-person midwifery for pregnancy and postpartum support consultations, and her holistic gynecology offerings she infuses wisdom, compassion, inspiration, and joy into the entire process of women's wellness from mama-hood to menopause. Her work, insights and advice have been seen on TV shows and movies including 4 episodes of "A Baby Story" on TLC and the Discovery Channel, and the award winning feature documentary, 'Orgasmic Birth.' She is featured on the upcoming documentary, "The Human Longevity Project" to be released on 5/18. She has been interviewed for local and national radio programs and podcasts. She has also been a featured speaker and expert panelist at distinguished events for Weil-Cornell School of Medicine, the University of Pennsylvania School of Nursing, RCC State University of New York School of Nursing, and BirthNet Association of Childbirth Professionals and Hudson Valley Birth Network to name a few. She has midwifed mommas and babies for over two decades, with clients describing her as "passionate, sensitive, big hearted, and a playful ball of light."

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### Notes: