



Prepare for a confident birth with Lamaze

ল্যামাজ (Lamaze) পদ্ধতিত আত্মবিশ্বাসী প্রসবৰ বাবে সাজু হওক

Get ready for a calm, confident birth with Lamaze–

Pregnancy is an exciting journey, but it often comes with lots of questions, especially about childbirth. With advice coming from all directions, it can get confusing. That's where Lamaze comes in.

What is Lamaze?– Lamaze is a trusted childbirth education approach for expecting parents that

- keeps you informed, prepared and confident about labour and deliver
- focuses on understanding the natural process of childbirth
- goes beyond breathing to include movement, relaxation and emotional support

What does Lamaze involve?

- Understanding how labour progresses
- Learning pain management and comfort techniques
- Practising breathing and relaxation methods
- Guidance on partner support during labour
- Information on medical interventions, breastfeeding and newborn care



Benefits of Lamaze –

- Builds confidence: Knowing what to expect reduces fear and anxiety
- Supports natural pain coping: Breathing, movement, massage and relaxation help manage discomfort
- Promotes calmer labour: Feeling prepared helps you stay focused and relaxed
- Encourages partner involvement: Partners play an active, supportive role

Lamaze is all about empowering you with knowledge and support so you can welcome your baby with calm, confidence and trust in your body.