

EURO STYLE WOMAN'S CENTER SERVING PRENATAL AND POSTPARTUM WOMEN OPENS IN KENDALL

Wombs View Center
For Prenatal & Postpartum Women
3D/4D Ultrasound

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FOR IMMEDIATE RELEASE

New mothers face many confusing challenges before and after the birth of their new baby. Now women can prepare for new baby at a new **Women's Center** just opened in Kendall. In order to meet the needs of pregnant women and mother's, **Womb's View Center** of Kendall has opened its doors offering programs and services to help them have fit pregnancies, a good experience with motherhood and a healthy start for their babies.

During the prenatal and postpartum period women are very vulnerable to stressors. During today's difficult economic times and lack of support it is easy to fall into depression. Studies repeatedly show reduced stress, better birth outcomes and higher breastfeeding rates for women involved in group education and support. According to research published in American Journal of Psychiatry 10% of postpartum women suffer from serious postpartum depression and research of more than 400,000 US women suggests that 15% of women suffer postpartum depression. Furthermore 50% of new mothers suffer from a more mild form known as "Baby Blues." New mother stress is responsible in part for PPD and Baby blues. One study published in Scientific America, March 2008 sited many women feel exhausted from a baby's broken sleep patern and become overwhelmed by new child care duties.

Womb's View Center offers maternity services that include prenatal and postpartum yoga, massage, ultrasound imaging, breastfeeding help, and breastpump rental. A Variety of classes are offered monthly ranging from the free Surviving Motherhood Support Group (for all mothers), New Parents Classes, childbirth and breastfeeding to nutrition and fun with scrapbooking.

For example, **New Parents Classes** cover a variety of topics including what to expect, feeding and caring for baby, nutrition during pregnancy, how couples can help each other and much more. It was developed to help relieve emotional stress and uncertainty that often comes with pregnancy and new baby. Many mothers and fathers wonder how they will manage when new baby comes, have fear of how they will do as parents and often don't have a support system in place. With **New Parents Classes**, pregnant women meet other pregnant women, make friends, discuss the many concerns new parenthood brings and enjoy these light hearted fun classes to help prepare them for one of the most wonderful events of a life time. There are many more extensive classes welcoming mothers and fathers in a warm and nurturing environment to ensure a generation of good health and wellbeing, one baby at a time.

Director:

Heidi C. Agostinho, Ph.D., IBCLC has been working with prenatal and postpartum mothers for the past seventeen years. Her desire to launch Womb's View came from the knowledge of the gap in support from pregnancy to parenthood. She realized the importance of early parental education and it's resulting in a smooth transition into parenthood. Early bonding has repeatedly shown positive effects on parent's choices for their infant and it is through this bonding education, support and encourage of families begins. This realization made 3D/4D ultrasound imaging the perfect catalyst to encourage early prenatal bonding through a window into womb and heart of all new parents- leaving them open to early education. With a Ph.D in Nutrition, Heidi Agostinho is an Internationally Board Certified Lactation Consultant who is thoroughly familiar with the challenges new mothers face. As the founder of the Breastfeeding Resource Center of Miami, she is nationally known for her well attended, dynamic lectures. Many well known health care professionals are graduates of her seminars. All health care providers associated with A Womb's View are fully licensed and experienced in their expertise.

For further information about **Wombs View Center** visit: www.wombsview.com