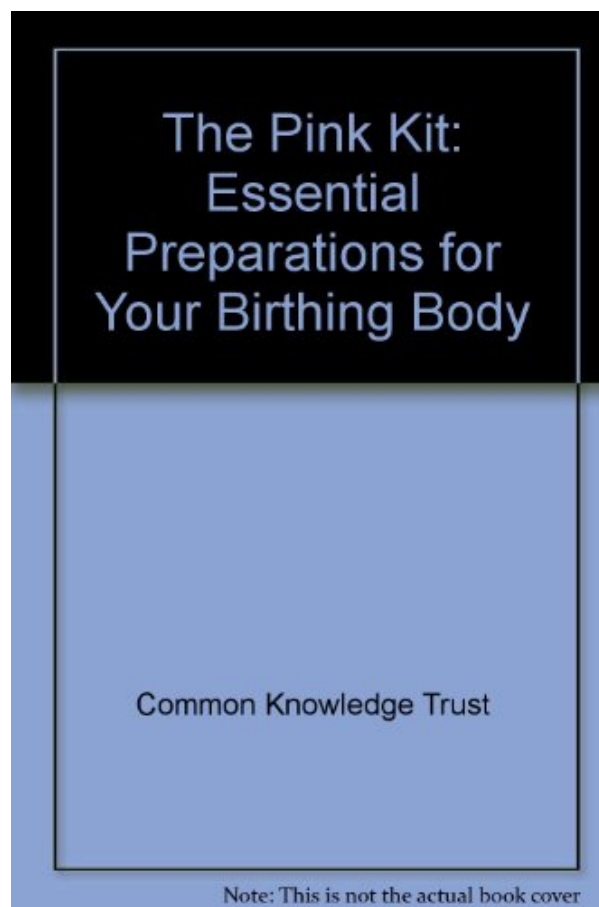


**THE PINK KIT: ESSENTIAL PREPARATIONS
FOR YOUR BIRTHING BODY (MULTIMEDIA
KIT) BY COMMON KNOWLEDGE TRUST
PUBLISHING**



**DOWNLOAD EBOOK : THE PINK KIT: ESSENTIAL PREPARATIONS FOR
YOUR BIRTHING BODY (MULTIMEDIA KIT) BY COMMON KNOWLEDGE
TRUST PUBLISHING PDF**



The Pink Kit: Essential Preparations for Your Birthing Body

Common Knowledge Trust

Note: This is not the actual book cover

Click link bellow and free register to download ebook:

THE PINK KIT: ESSENTIAL PREPARATIONS FOR YOUR BIRTHING BODY (MULTIMEDIA KIT) BY COMMON KNOWLEDGE TRUST PUBLISHING

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

THE PINK KIT: ESSENTIAL PREPARATIONS FOR YOUR BIRTHING BODY (MULTIMEDIA KIT) BY COMMON KNOWLEDGE TRUST PUBLISHING PDF

As we explained before, the modern technology helps us to consistently realize that life will be consistently simpler. Reviewing book *The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing* practice is likewise one of the benefits to obtain today. Why? Technology can be made use of to supply the book *The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing* in only soft data system that could be opened up every time you want and everywhere you need without bringing this *The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing* prints in your hand.

Review

Michel Odent posed the question, "Can humanity survive obstetrics?" The answer is an unequivocal 'yes' with the Pink Kit. -- Positive News UK, magazine review Autumn 2001

The Pink Kit has taught me that childbirth is a learned skill so that we can take control. -- NZ Nursing Journal Kai Tiaki Nov. 2002 Mandy Pagan

The couples are so much more empowered- a very over used word- one can't help thinking 'wow, that's empowerment!' -- Vicky C. (midwife) in Nelson 21/03/03

The whole kit was a brilliant idea to give women information about their bodies and work more effectively in labour. -- Personal review by NCT instructor, 2002

What your mother never told you about birth (more is the pity).A toolkit of practical exercises. -- MIDIRS Magazine Review 2001 by Seren Wildwood

From the Publisher

Common Knowledge Trust is making available The Pink Kit method for birthing better. This includes the multi-media kit *The Pink Kit: essential preparations for your birthing body*. This is the framework of the information: 'what to do' with your body to prepare specifically for birth. However, there is more information still. At the present there is *The Pink Kit: Easy to Learn/Use/Teach Guide* which gives more indepth understanding of seven of the basic exercises in *The Pink Kit*. This also introduces the important B.L.T (Breathing, Language and Touch) which makes this information so much more useable. Childbirth educators, independent birth professionals or support people can use this to include in their one on one work. Couples use it to begin to develop the communication and touch which is so valuable. *The Pink Kit: Class manual* will be available Nov 2003. This is ideal for pregnant couples who want to put themselves through 6 classes of *The Pink Kit*. Many B.L.T. exercises are included. Also ideal for people who want to teach 6 classes in

their local area. Also available are The Pink Kit: class handouts. These discuss things like developing mental toughness for birth because it's very easy for women to choose medical pain relief which does affect women's clarity. The class handouts also discuss the importance of Team work and what are the behaviours that women who birth well use so that you can have them as goals to model for yourself and also discuss the behaviours that women use when they are not coping well. These are available directly through Common Knowledge Trust. Over the next year, there will be PDFs available for many different groups: first time mothers/fathers, women who have had bad birth experiences or good ones, rostered care providers, birth support people, independent care providers and educators.

From the Author

This information is grassroots in its development. Small bits of information came together to form a system of preparing for birth. We are all one, we are all human and birth may be unique; however, it is very similar. We can now pass on that common body knowledge, common language and common touch. Care providers will take care of you. You must take care of your contractions. This gives you the tools and skills. Men love it. It's practical, useable, works and they feel great. They also feel more comfortable with their new borns. All couples talk about how this information gave them increased skills to work together in labour, birth and parenting.

THE PINK KIT: ESSENTIAL PREPARATIONS FOR YOUR BIRTHING BODY (MULTIMEDIA KIT) BY COMMON KNOWLEDGE TRUST PUBLISHING PDF

[Download: THE PINK KIT: ESSENTIAL PREPARATIONS FOR YOUR BIRTHING BODY \(MULTIMEDIA KIT\) BY COMMON KNOWLEDGE TRUST PUBLISHING PDF](#)

The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing. In undergoing this life, lots of people consistently attempt to do and obtain the most effective. New expertise, experience, lesson, and also every little thing that can enhance the life will be done. Nonetheless, lots of people sometimes really feel confused to obtain those points. Feeling the restricted of encounter and resources to be better is among the does not have to have. Nevertheless, there is an extremely simple point that can be done. This is just what your educator always manoeuvres you to do this one. Yeah, reading is the answer. Checking out a publication as this The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing and various other references could enhance your life top quality. Exactly how can it be?

If you ally require such a referred *The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing* book that will offer you value, obtain the most effective vendor from us now from several preferred authors. If you intend to amusing books, numerous stories, story, jokes, as well as more fictions compilations are additionally released, from best seller to one of the most current launched. You might not be confused to appreciate all book collections The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing that we will give. It is not about the costs. It has to do with just what you need now. This The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing, as one of the most effective vendors here will be one of the appropriate options to review.

Finding the appropriate The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing book as the appropriate requirement is sort of good lucks to have. To begin your day or to finish your day at night, this The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing will certainly appertain sufficient. You can simply search for the floor tile right here as well as you will certainly obtain the book The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing referred. It will certainly not trouble you to cut your useful time to go for purchasing publication in store. In this way, you will also spend money to pay for transportation and various other time spent.

THE PINK KIT: ESSENTIAL PREPARATIONS FOR YOUR BIRTHING BODY (MULTIMEDIA KIT) BY COMMON KNOWLEDGE TRUST PUBLISHING PDF

Childbirth is one of life's greatest moments. Produced by the Common Knowledge Trust, this pack aims to empower pregnant women and make giving birth a rewarding and natural experience. The information is provided in an easy-to-understand book, video and audio cassette, designed to demystify pregnancy, labour and birth, and to give each woman the knowledge she needs to understand her unique body structure and how it works. The demonstrated exercises (best started at 22-26 weeks into the pregnancy) provide practical, realistic ways to prepare for the amazing experience of childbirth, both physically and mentally, and have been seen to be beneficial before and during labour, easing the course of a natural birth. The kit is also accessible to fathers and midwives who want to support women during pregnancy and labour. The information in this kit comes from women and men of different cultures, religions and socio-economic backgrounds, and is a combination of traditional time-tested techniques and modern advances in understanding. The Common Knowledge Charitable Trust has bases in Australia, New Zealand and Zimbabwe. During March 1998, the Common Knowledge Trust held a gathering of traditional and medically trained midwives in the village of Ntshamathe in southern Zimbabwe, organized by Dr Barbara Sibanda, founder and director of the Traditional and Medical Clinic in Bulawayo. Common Knowledge is working to archive traditional knowledge and share this information worldwide. All proceeds of this kit go to the charitable trust.

- Sales Rank: #3967140 in Books
- Published on: 2001-06
- Original language: English
- Binding: Paperback
- 90 pages

Review

Michel Odent posed the question, "Can humanity survive obstetrics?" The answer is an unequivocal 'yes' with the Pink Kit. -- Positive News UK, magazine review Autumn 2001

The Pink Kit has taught me that childbirth is a learned skill so that we can take control. -- NZ Nursing Journal Kai Tiaki Nov. 2002 Mandy Pagan

The couples are so much more empowered- a very over used word- one can't help thinking 'wow, that's empowerment!' -- Vicky C. (midwife) in Nelson 21/03/03

The whole kit was a brilliant idea to give women information about their bodies and work more effectively in labour. -- Personal review by NCT instructor, 2002

What your mother never told you about birth (more is the pity).A toolkit of practical exercises. -- MIDIRS Magazine Review 2001 by Seren Wildwood

From the Publisher

Common Knowledge Trust is making available The Pink Kit method for birthing better. This includes the multi-media kit The Pink Kit: essential preparations for your birthing body. This is the framework of the information: 'what to do' with your body to prepare specifically for birth. However, there is more information still. At the present there is The Pink Kit: Easy to Learn/Use/Teach Guide which gives more indepth understanding of seven of the basic exercises in The Pink Kit. This also introduces the important B.L.T (Breathing, Language and Touch) which makes this information so much more useable. Childbirth educators, independent birth professionals or support people can use this to include in their one on one work. Couples use it to begin to develop the communication and touch which is so valuable. The Pink Kit: Class manual will be available Nov 2003. This is ideal for pregnant couples who want to put themselves through 6 classes of The Pink Kit. Many B.L.T. exercises are included. Also ideal for people who want to teach 6 classes in their local area. Also available are The Pink Kit: class handouts. These discuss things like developing mental toughness for birth because it's very easy for women to choose medical pain relief which does affect women's clarity. The class handouts also discuss the importance of Team work and what are the behaviours that women who birth well use so that you can have them as goals to model for yourself and also discuss the behaviours that women use when they are not coping well. These are available directly through Common Knowledge Trust. Over the next year, there will be PDFs available for many different groups: first time mothers/fathers, women who have had bad birth experiences or good ones, rostered care providers, birth support people, independent care providers and educators.

From the Author

This information is grassroots in it's development. Small bits of information came together to form a system of preparing for birth. We are all one, we are all human and birth may be unique; however, it is very similar. We can now pass on that common body knowledge, common language and common touch. Care providers will take care of you. You must take care of your contractions. This gives you the tools and skills. Men love it. It's practical, useable, works and they feel great. They also feel more comfortable with their new borns. All couples talk about how this information gave them increased skills to work together in labour, birth and parenting.

Most helpful customer reviews

0 of 2 people found the following review helpful.

1 book is not a multimedia KIT! Ripped off.

By Ms. Melica Fraser

The advertising for this "booklet" was misleading. I felt sick when I opened the package & discovered it was the multimedia kit -booklet-without the 5 DVD's which the booklet refers to. Not to mention the photo image has x5 DVD's pictured in it. I'd like a refund & return the product... but don't know how to go about this.

The product itself is excellent - when used with the 5 DVD's it makes reference to for the exercises. So instead of paying \$10 less (\$80 cost to buy & get it to me) I now will have to pay double the \$90 for another complete kit.

Shonky dealing.

0 of 0 people found the following review helpful.

Get the whole kit. It's fantastic!

By MTW_Kestrel

What I loved about the Pink Kit was how practical it was written. Real information about how woman can and do give birth naturally. It's what I imagine my grandmother or mother may have imparted to me if they had natural birth experiences.

It was easy for my husband and I to go through, no set classes and we split up the reading to be manageable for each week. We couldn't find time or inclination for Lamaze or Bradley so this free form approach worked great. I was continually surprised by how my husband was into going through the readings and videos. He was supportive of a natural birth plan but the material also kept him interested and was presented in a manner that was not touchy-feely. He even suggested on his own that we go through the kit again for our second.

It's not only breathing techniques but birth/pain-relieving positions and ways to manage the pain. Even just interacting with your coach (partner).

I'd recommend any pregnant woman go through the kit. Their openness to all types of birth was refreshing. It's not just for those thinking of natural labor.

22 of 22 people found the following review helpful.

The Only Kit a Pregnant Woman Needs

By Connie Banack

I cannot tell you how important this Kit has been to me personally and professionally. I have read and reviewed literally hundreds of books, videos and other products for birth professionals and birthing women during my career as a doula and childbirth educator - by far this Kit is the best of the best. How many women know - truly know - much about their bodies, how their pelvis moves, how to move their sacrum and tailbone, and thus open their pelvis during labour and birth? Precious few... and that is the essence of this Kit - teaching women about their own pelvis, their own muscles, and how to relax and move their specific pelvis and muscles.

Personally I have had four children, three of them by cesarean section after long and painful labours. I was diagnosed with CPD twice. My fourth child was born vaginally after I learned how to open my pelvic outlet during labour - it was still painful but she literally fell out as I was in a good position that opened my pelvis. Semi-sitting and a deep squat closed my pelvis but a supported squat is what opened my sit bones and I am still elated from the experience five months later.

Professionally I have primarily supported VBAC women in my practice and the knowledge I gained from the Pink Kit has been invaluable to my clients and students. They not only know how to birth, they trust their bodies and their experiences have been greatly enhanced with this knowledge and trust. Please, consider this your FIRST investment in your birth experience and for your baby - trust me, you will thank me, I promise.

See all 6 customer reviews...

THE PINK KIT: ESSENTIAL PREPARATIONS FOR YOUR BIRTHING BODY (MULTIMEDIA KIT) BY COMMON KNOWLEDGE TRUST PUBLISHING PDF

By downloading and install the on the internet The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing publication right here, you will certainly get some benefits not to choose the book shop. Merely connect to the internet and start to download the page web link we discuss. Now, your The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing is ready to delight in reading. This is your time and your calmness to acquire all that you really want from this publication The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing

Review

Michel Odent posed the question, "Can humanity survive obstetrics?" The answer is an unequivocal 'yes' with the Pink Kit. -- Positive News UK, magazine review Autumn 2001

The Pink Kit has taught me that childbirth is a learned skill so that we can take control. -- NZ Nursing Journal Kai Tiaki Nov. 2002 Mandy Pagan

The couples are so much more empowered- a very over used word- one can't help thinking 'wow, that's empowerment!' -- Vicky C. (midwife) in Nelson 21/03/03

The whole kit was a brilliant idea to give women information about their bodies and work more effectively in labour. -- Personal review by NCT instructor, 2002

What your mother never told you about birth (more is the pity).A toolkit of practical exercises. -- MIDIRS Magazine Review 2001 by Seren Wildwood

From the Publisher

Common Knowledge Trust is making available The Pink Kit method for birthing better. This includes the multi-media kit The Pink Kit: essential preparations for your birthing body. This is the framework of the information: 'what to do' with your body to prepare specifically for birth. However, there is more information still. At the present there is The Pink Kit: Easy to Learn/Use/Teach Guide which gives more indepth understanding of seven of the basic exercises in The Pink Kit. This also introduces the important B.L.T (Breathing, Language and Touch) which makes this information so much more useable. Childbirth educators, independent birth professionals or support people can use this to include in their one on one work. Couples use it to begin to develop the communication and touch which is so valuable. The Pink Kit: Class manual will be available Nov 2003. This is ideal for pregnant couples who want to put themselves through 6 classes of The Pink Kit. Many B.L.T. exercises are included. Also ideal for people who want to teach 6 classes in their local area. Also available are The Pink Kit: class handouts. These discuss things like developing mental toughness for birth because it's very easy for women to choose medical pain relief which does affect women's clarity. The class handouts also discuss the importance of Team work and what are the behaviours that women who birth well use so that you can have them as goals to model for yourself and also discuss the behaviours that women use when they are not coping well. These are available directly through Common Knowledge Trust. Over the next year, there will be PDFs available for many different groups: first time

mothers/fathers, women who have had bad birth experiences or good ones, rostered care providers, birth support people, independent care providers and educators.

From the Author

This information is grassroots in its development. Small bits of information came together to form a system of preparing for birth. We are all one, we are all human and birth may be unique; however, it is very similar. We can now pass on that common body knowledge, common language and common touch. Care providers will take care of you. You must take care of your contractions. This gives you the tools and skills. Men love it. It's practical, useable, works and they feel great. They also feel more comfortable with their new borns. All couples talk about how this information gave them increased skills to work together in labour, birth and parenting.

As we explained before, the modern technology helps us to consistently realize that life will be consistently simpler. Reviewing book *The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing* practice is likewise one of the benefits to obtain today. Why? Technology can be made use of to supply the book *The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing* in only soft data system that could be opened up every time you want and everywhere you need without bringing this *The Pink Kit: Essential Preparations For Your Birthing Body (Multimedia Kit) By Common Knowledge Trust Publishing* prints in your hand.