

## TEACHING TIP: MYTHS OF LAMAZE

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Several myths are circulating about Lamaze. So many people, thanks to Hollywood in part, have an incorrect perception of what Lamaze is and isn't.

Here's a teaching technique that may be helpful to you. I have taken the five myths about Lamaze that appear in the new parent brochure and put each myth/reality on a separate laminated card. I break the larger group into small groups. Each gets one myth and the paragraph describing the reality. I direct them to appoint a "reporter" and discuss the myth. The reporter briefs the larger group and a short discussion follows. The myths are as follows:

- Lamaze is all about breathing.
- Lamaze promises painless childbirth.
- Lamaze childbirth means you can't have an epidural.
- Lamaze doesn't work.
- Lamaze is not for everyone.

This exercise is effective in debunking the myths right away. The five myths and realities also can be found on the Lamaze Web site.