

Childbirth Education Course Outline Day By Day

Day 1: (3 hours)

- Introductions
 - Introduction activity.
- Mammalian Needs for Birth
- Hormone overview
 - What each one is called what its jobs is
 - Role during pregnancy, birth and postpartum
- Fear>Tension>Pain vs Safety>Relaxation>Progression
 - Activity
- Comfort techniques during pregnancy
 - Eating healthy
 - Adequate rest
 - Moving around and Exercise
 - Warning signs - when to call provider

Break

- Onset of labor
 - Braxton hicks vs True contractions
 - Characteristics of braxton hicks
 - How to tell difference
 - Activity
- Contractions
 - How to time contractions
 - Manually vs App
 - 511 & 311 guideline
 - Water Breaking: what do to
 - Slow Breathing vs fast breathing
 - Activity
 - Low noises vs High noises
 - Activity
- Process of Birth
 - Overview: Visual
 - Stage 1:
 - Early labor

Break

- Active labor
- Transition
- Stage 2: Pushing
 - Crowning
 - Ring of fire
 - What goes into getting ready to push
 - Following bodies urge to push vs coached pushing
 - Upright position avoid being on back
 - Laboring down
- Stage 3: Placenta
 - Repairs
- Space for questions

Day 2: (3 hours)

- Variations of labor
- Immediate Postpartum
 - Birthers needs vs Babies needs
 - Newborn appearance
 - Postpartum after a Cesarean
- Feelings after birth and acknowledging all of them

Break

- Shared and informed decision making
- Advocating for yourself and your needs
- Medical Interventions
 - Considerations
 - Previous birth experiences
 - Underlying complications
 - Positioning of baby
 - “Routine”
 - IV fluids
 - Food restrictions
 - Cervical Exams
 - Electronic Fetal Monitoring
 - Induction:
 - Cervical ripening agents
 - Foley balloon
 - Pitocin
 - Artificial Rupture Of Membranes (AROM)
 - Membrane sweep
 - Alternatives
 - Wives tales, “natural induction”
 - Bishop Score
 - Labor augmentation
 - Assisted Deliveries

Break

- Cesarean
 - Emergency
 - scheduled

- Repeat
 - Vbac
- Variations of pregnancy and going into labor
- Pain relief options
 - Unmedicated
 - Coping mechanisms
 - Nitrous Oxide
 - IV Medications
 - Epidural
- Space for questions

Day 3: (3 hours)

- Birth plan
- Timeline of Postpartum stay in hospital vs birth center vs c-section
- Packing hospital bag
 - Necessary vs Optional items
- Making sure things are ready at home
- Lamaze 6 Healthy Birth practices
 - #1: Let Labor begin on its own.
 - #2: Walk, Move around, and Change positions during labor.

Break

- #3: Bring someone to give you continuous support during labor.
- #4: Avoid unnecessary interventions
- #5: Avoid pushing on your back, and follow your bodies natural urge to push
- #6: Keep mom and baby together after birth.
- Comfort/Coping Techniques

Break

- Activities related to coping techniques
- Hands on positioning practice
- Guided meditation
- Space for questions

Day 4: (3 hours)

- Postpartum mood disorders
 - Baby blues
 - vs
 - PP depression
 - PP anxiety
 - PP OCD
 - PP rage
 - PTSD
 - How to get help
- Maintaining your relationship as a couple and parents
 - Learning how to co-parent
 - Communication
- Breastfeeding
 - Feeding Cues
 - Colostrum vs mature milk
 - Expressing colostrum In last couple of weeks
 - Positioning
 - Latch
 - Stomach size
 - Supplementing with formula or donor milk
 - Clogged ducts and mastitis
 - Lactation consultants

Break

- Safe sleep options/environment
 - Room sharing
 - Safe crib sleep
 - Co sleeping, how to do so safely
 - Sids and how to prevent it
- How to choose a pediatrician
- Newborn care
 - Diapering
 - Bathing

- Swaddling
 - Demonstration
 - Hands on practice
- Space for questions.