

Class 1

Keys Thoughts of Childbirth

About Pregnancy

- Prenatal Appointments
- 3rd Trimester Tests (metabolic panel, ultrasound)
- Physical Norms, Changes and Comfort Measures
- Emotional Roadmap
- Nutrition and Supplements (Why, What, When)
- Common Terminology
- Exercise and Positive Positioning
- Red Flags and Of Concern

Introduction of Labor

- Hormones of Labor
- Uterine Design
- Work of the Cervix
- Station of Presenting Part of Baby
- Pre-Labor and Labor Onset Symptoms
- Labor and Birth Overview

Relaxation – Breathing Concepts

Class 2

Homework Discussion

Stages of Labor Review

First Stage of Labor Emotional Markers and Support Tools

The 5 P's of Labor

How Baby Can Present in Pelvis

Labor Variations

The Work of Labor (Pain)

What Effects Pain Response

- Gate Control
- Elemental Pain Management
- Fight or Flight
- Ina May's Sphincter Law
- Positioning
- 3 R's (Rhythm Relaxation and Ritual)
- Comfort Measures – Supporting the Senses

Second Stage Review

Relaxation – Tense and Release

Class 3

Review and Homework Discussion

Late Pregnancy Appointments – How to navigate.

- Home visit
- Vaginal exam?
- Passing 41 weeks

Management of Labor at Home

- Norms in Care
- Why would labor be managed?
- What might it entail?

Self-Advocating Skills in Event of Transfer

- Informed Consent and Refusal
- Communicating with Care Provider and Staff
- Writing Your Transfer Birth Plan
- Common Interventions and Medications
- Cesarean

Unexpected Outcomes

- Supporting
- Common Sense
- Communication
- Self-Care

Relaxation – Birth Visualization

Class 5

Discerning Labor

- Discharge characteristics
- Contraction characteristics
- Other symptoms
- Testing it out
- Calling Midwife

Labor Practice

Delivery

- Physical
- Immediate Postpartum
- What Partner Can Do
- Comfort Techniques
- Newborn Procedures

Newborn

- Appearance
- Reflexes

Postpartum

- Physical and Emotional changes
- Support Planning
- Time management
- Relationship Care
- Parenting Philosophies
- Expectations and Reality
- Newborn Norms
- Resources

Breastfeeding Intro

- Colostrum
- Milk transitions

- Foremilk/hindmilk
- How often does baby eat?
- How do I know baby is getting enough?
- Should breastfeeding hurt?

Closing Q and A