



# CURRICULUM FOR CHILDBIRTH EDUCATION CLASSES

Instructor: Megan Bosworth, RN, CBE

## Session 1:

### Introduction, Communication, Exercise and Pregnancy Tips

- Introduction
- Communicate, Communicate
- Comfort-Tips During Pregnancy
- Exercise During Pregnancy
- Kegel Exercises: Strengthening the Pelvic Floor
- How Long will Labor Last?
- The Four P's of Labor
- Practice Period

## Session 2:

### Stages of Labor, Relaxation Techniques, Breathing Techniques

- Relaxation
- Active Relaxation: What it is and how is it Used?
- Normal Variations in Labor
- True versus False Labor
- The Stages of Labor: Overview and Video
- Early Labor: Relaxation and Slow-Paced Breathing
- Pain is Purposeful
- Progressive Relaxation Exercises
- Visual Imagery and Breathing for Labor

## Session 3:

### Active Labor, Transition, Pushing, Epidurals

- Active Labor
- Pain Management: Intravenous Medications and Epidurals
- The Period of Transition
- Combining Breathing and Relaxation
- It's Time to Push
- Breathing for Pushing
- Practice Period
- Tour of the Labor Unit

## Session 4:

### Cesarean Section, Newborn Appearance and Newborn Care

- Complications That May Occur
- "The Miracle of Life" Video
- Cesarean Section's: When are they Necessary?
- The Postpartum Period: Caring for Yourself and Your Baby
- Postpartum Depression
- Newborn Care
- Evaluation

## Session 5:

### Transition to Parenthood, with Dr. Diana Barnes

This two-hour class focuses on the emotional and psychological issues that arise during the first year after delivery.

- What can I really expect to feel during the first year after my baby is born? Dispelling the myths.
- What can I expect from my baby during the first year? Exploring infant development.
- What can we expect from each other? Looking at the marital relationship and how it changes after the birth of a baby.
- Making a plan to take care of yourself. Building your support systems and helping the new Mom and Dad get their needs met.
- What is this thing called Postpartum Depression? How do I know if I have it or I'm at risk? Discussion of the physiological, psychological and environmental circumstances which predispose a woman to this type of depression.

## Session 6:

### Infant/Child Safety and CPR

- This class will cover 1- and 2-man rescuer, child and infant CPR with rescue breathing and choking procedures.

## Session 7:

### Breastfeeding, Pumping, Milk Supply - all the basics to get you started

- Lactation Services
- Risks of not breastfeeding
- Anatomy and Physiology of the breast
- Latch-on and positioning
- Milk Supply
- How to tell if baby is getting enough
- Common breastfeeding concerns
- Nutrition during lactation
- Breast Pumps and equipment
- Collecting and storing breast milk
- Going back to work and breastfeeding
- Breastfeeding resources

