

Childbirth and Newborn Care Class

This six- and one-half hour-long childbirth class is designed to provide the mother and father/birth partner with a comprehensive, informative session covering all aspects of childbirth and newborn care. The first five hours are designed for all aspects of Childbirth: breathing and relaxation techniques, the stages and phases of labor, labor and delivery procedures—including complications and assisted birth techniques, anesthesia, analgesia, and birthing positions. The last hour is spent discussing how to care for your newborn and some initial, basic expectations to facilitate breastfeeding! My classes are designed to meet the needs of EVERY mother and father/birth partner. If you have a medical history that impacts your pregnancy, or any complications, or health concerns related to your pregnancy, we can discuss how these factors may influence your childbirth experience after the group class ends, during the extended high-risk period; registration for the high-risk class is necessary.

Class Syllabus: Comprehensive Childbirth (total of 6 ½-hours)

- **Module 1:** Introduction
- **Module 2:** What to pack
- **Module 3:** The Last Trimester of Pregnancy
 - **Module 3 Exercise 1:** Birth, Breathing and its Importance
- **Module 4:** Anatomy and Physiology
- **Module 5:** Early Labor & Optimal Fetal Positioning
 - **Module 5 Exercise 2:** Early Labor Birthing & Peanut Ball - Exercises & Positioning
- **Module 6:** Active Labor
- **Module 7:** Transition - What does transition look like? What can you expect?
 - **Module 7 Exercise 3:** Massage Points for Active Labor and Transition
- **Module 8:** Stage 2 - Pushing and Delivery of the Baby and Placenta
- **Module 9:** Interventions
- **Module 10:** Cesarean Section
- **Module 11:** Newborn Characteristics and Care

60 minutes live Q&A session at the end of the weekend, Sunday evening, for Questions and Answers, plus Closeout