

Class 1 Late pregnancy & Birth overview

Discomforts & Coping
Emotions of Late Pregnancy, Fear and Anxiety
Self care + Baby Positioning
Late Pregnancy Concerns + Recognizing Preterm Labour
Overview of the Physiological process of Birth

Class 2 Labour, Birth & comfort measures

Stages and phases of labour
Positions & Comfort measures for labour
Pain in Labour
Support strategies for partners
Second Stage Comfort Measures
Birth and Immediate Postpartum

Class 3 Challenges and Interventions

Getting Labour Started
Medical Management of Pain
Second and Third Stage Interventions
Cesarean birth

Class 4 Decision Making and Postpartum

Decision making + Birth Plans
Newborn Appearance and Procedures
Recovery from birth
Physical & Emotional Adjustments
Perinatal mood disorders
Partners, Relationships and Postpartum

Class 5 Infant Feeding

Benefits of Human Milk
How our body produces Milk
Latch- How to and Why is it important?
Challenges + Support
Expressing Milk + Bottle Feeding

Class 6 Newborn Care

Bathing, Dressing & Diapering
Safe Sleep- Reducing the risk of SIDS