

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

Informed Consent
Getting Labour Started
Medical Management of Pain
Second and Third Stage Interventions

Class 4 Cesarean Birth + Decision Making

Cesarean Birth
Decision making + Birth Plans
Newborn Appearance and Procedures

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 Postpartum + Newborn Care

Recovery from Birth