

This six and a half hour long childbirth class is designed to provide the mother and father/birth partner a comprehensive, informative session covering all aspects of childbirth for high risk and/or multiples births beginning with the last trimester, covering labor and delivery and newborn childcare. Topics in labor and delivery include the newest evidence-based “Mother-Friendly” care for laboring women including: comfort measures, breathing techniques, analgesia, anesthesia, vaginal delivery, assisted deliveries and cesarean section, skin-to-skin contact at delivery for successful breastfeeding. Group classes are available and are limited to five couples per class. If you have a health challenge that influence your pregnancy and perhaps can alter your plans for birth, we can discuss your special needs after the group class for an additional consultation.

## **Multiples Class Syllabus:**

### **Introduction and Welcome**

- Pain in Childbirth/Relaxation and its importance
- Preparation for the hospital
- Preparation for labor
- Physiological changes in the last trimester of pregnancy
- Signs and Symptoms of Labor/When to call the Doctor
- Special Concerns for a Special Mom: Preterm Labor, Gestational Diabetes, Pregnancy Induced Hypertension, Positioning of Twin A on the birth day, it’s impact for birth.

### **Anatomy and Physiology**

- Physiology: the Stages and Phases of Labor
  - Cervical changes: Dilation, Effacement, Station, Position
  - Physiological changes and Support Measures
  - Emotional changes and Support Measures

#### **First Stage: Latent Phase, Active Phase, Transition**

- Needs of a Laboring Woman and Support Measures
  - Abdominal Breathing/Patterned Breathing
  - Massage Techniques, Acupressure, Counter pressure
  - Positions for labor, Movement in Labor and Breathing Practice
  - Positions for labor using a Birthing Ball and Massage/Acupressure/Counter pressure Practice
  - Coaching Support
  - Hydrotherapy
  - Aromatherapy
    - Music and Focal Points
  - Analgesia and Anesthesia
  - What is an “Augmentation/Induction of Labor”?
    - Pitocin, Cervidil, Prepidil, Cytotec, Foley catheter, Cook Catheter
  - Possible Medical Interventions, What are they for?:
    - Amniotomy- Amnihook, FSE, Amnioinfusion, Internal Uterine Pressure Catheter

**BREAK**

#### **Second Stage**

- Second Stage Pushing Positions

- Breathing and Pushing Techniques: The “No Count” Method
- Perineal massage and compresses
- Twin “A”, Twin “B”, Placenta “A”, Placenta “B”, Coach’s Role: Waiting for the cord to stop Pulsating, Cutting of the Cords
- “Skin-to-skin”: Babies in your arms and His arms
- Assisted Vaginal Deliveries
  - Episiotomies vs. Tearing
  - Vacuum/Forceps Delivery
  - Possible Vaginal Breech Delivery with baby “B”
- Cesarean Section
  - Reasons for a Cesarean Section
  - Pre-operative teaching: What happens in the Operating Room?
  - Post-operative bonding and breastfeeding with your babies
- DVD: “Miracle of Birth”
  - Clips: Vaginal Delivery with an Epidural/ Epidural Placement
    - Forceps Delivery
    - Cesarean Section
    - Vaginal Delivery

**BREAK**

**Third and Fourth Stage:**

- Postpartum Adjustments
  - BREASTFEEDING/” Skin-to Skin” Bonding
    - Breastfeeding benefits for twins, how to nurse TWO
    - Breastfeeding after delivery, how to breastfeed for two, let me count the ways.....
    - Best Breastfeeding Positions for TWO.
  - NEWBORN CARE/ Appearance and Traits
    - Cord Care/Skin Care
    - “To Circumcise or Not to Circumcise?”
    - Infant Temperature/ Baby Bath
    - Diaper Changing/ Bowel Function/ Urinary Output
    - Weight Loss/ Sleep Patterns/ Jaundice
    - PRACTICE: Changing clothes
    - PRACTICE: “Shushing, Swaddling, and Swaying,”

Questions and Answer Closeout