

Birthing Basics, LLC

Class Syllabus

Lisa-Marie Cook BSN, RNC-OB, ICCE, C-EFM, CD

Internationally Certified Childbirth Educator (ICEA)

Cook CounterpressureSM

Childbirth and Newborn Care Class

This six 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, birthing positions, and a DVD depicting vaginal, forceps and cesarean delivery and cesarean sections. The last hour is spent discussing how to care for your newborn! Group classes are available and are limited to four couples per class. My classes are designed to meet the needs of EVERY mother and father/birth partner. The syllabus can be reformatted to meet the unique needs of the private high-risk student. If you have a medical history that impacts your pregnancy, or any complications, or health concerns related to your pregnancy, we can privately discuss how these factors may influence your childbirth experience after the group class.

Class Syllabus: Comprehensive Childbirth (total of SIX hours)

First Hour: Introduction and Welcome (60 minutes):

- 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

BREAK

Second and Third Hours (120 minutes)

Anatomy

Cervical change: Dilation, Effacement, Station, Position

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: Shower/ Tub
 - Aromatherapy
 - Music and Focal Points
 - Analgesia and Anesthesia- Local, Pudendal, Epidural, CSE, Spinal, General
 - What is an “Augmentation/Induction of Labor”?
- Pitocin, Cervidil, Prepidil, Cytotec, Foley catheter, Cook Catheter
 - Possible Medical Interventions, What are they?:

Amniotomy/Amnihook, FSE, Amnioinfusion, Internal Uterine Pressure Catheter, Foley catheter

BREAK

Fourth and Fifth Hours (120 minutes)

Second Stage of Labor:

- Second Stage Pushing Positions
- Breathing and Pushing Techniques: The “No Count” Method
- Perineal massage, warm compresses, mineral oil
- Coach’s Role: Waiting for the cord to stop Pulsating, Cutting of the Cord
- “Skin-to-skin”: Baby in your arms
- Assisted Vaginal Deliveries
 - Episiotomies vs. Tearing
 - Vacuum/Forceps Delivery
- 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”/ Comfort Techniques
 - Comfort Measures in Labor
 - Vaginal Delivery with an Epidural/ Epidural Placement
 - Forceps Delivery
 - Cesarean Section
 - Non-medicated Vaginal Delivery

BREAK

Last Hour: NEWBORN CARE (60 minutes)

Third and Fourth Stage:

- Postpartum Adjustments
- BREASTFEEDING/” Skin-to Skin” Bonding
 - Breastfeeding benefits
 - Breastfeeding after delivery, “No Pacifiers, No Bottles”
 - Best Breastfeeding Positions
- 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