Bumps2Babies

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| **Childbirth Educator**  Teacher Training | **T[http://www.logosnap.com/thumbs/40023-25444.jpg](http://www.logosnap.com/logodetails.php?caller=saved&logoid=400)** |

Name:

Date:

Grade:

Sample of Childbirth Preparation Class – Assignment No 21

Assignment:

Childbirth Preparation Class: example

Assignment – fill in the approx times of the Teaching plan below:

|  |  |
| --- | --- |
| ..................... | Late Pregnancy, Onset of Labour, Early Labour   * Introductions, Housekeeping, Goals for the Day * Anatomy and Physiology: 6 Ways to Progress in Labour * Onset of Labour: How will I know labour has started?? * Warning Signs / Premature Labour * Stages of Labour – A Video * What to Expect, What to Do in Early Labour * Body Mechanics / Exercise * Pain in Labour and the Purpose of Comfort Techniques |
| ...................... | Break |
| ...................... | Active Labour and Delivery   * How to Recognise Active Labour * Going to the Hospital / Arriving at the Hospital * Hospital Procedures and Birth Plans * Comfort Techniques: Coping with Active Labour / Back Labour * Second Stage Labour: Pushing and Delivery * Third Stage Labour and Newborn Procedures |
| 1:00 – 1:45 | Lunch |
| ..................... | Breathing Techniques for Labour  Variations of Labour, Interventions, and Pain Medication   * Induction and Augmentation * Pain Medications * Second Stage Interventions: Forceps, Vacuum, Episiotomy * Caesarean Birth. Video |
| ................... | Break |
| .................... | Comfort Techniques, Postpartum Period, and Resources   * Video: Understanding Comfort Techniques * Labour Rehearsal: Rotate through the Stations * Postpartum Recovery, Adjustment to Life with a Newborn * Resources: Where to Find More Information * Questions and Answers. Evaluations.   Below you will find detailed information about topics which will need to be covered in each class. This is just a guide to get you thinking of what is required in each subject/Class how deep you go in your own classes is up to you. |

Before you do a class Teacher notes need to be developed so you keep to a schedule.

Your personal notes for the class, to remind you what you will cover – example

*you may prefer to go more into detail on your personal notes for the class….*

* Introductions. (Interactive)
  + Introduce myself
  + Intro Selves: Names, Due Dates, Where Delivering, 1 question you hope to have answered today - *this is not to be answered there and then but later*
  + Goals: Provide information about the labor and birth process: help you understand the range of normal; learn to trust your own process. Alleviate fears. Help you envision a positive birth. Different learning styles: help you retain information.
* Anatomy and Physiology (Visual Aids) 5-10 minutes. **9:15 – 9:30**
  + Pre-pregnant and term anatomy. Touch on common discomforts.
  + Uterus, cervix, birth canal, etc.
  + Oxytocin and prostaglandins. Endorphins.
  + Cover 6 ways to progress: cervical changes, baby position
  + Due Dates!
* Onset of Labor: Game. Describe possible, preliminary, *note which books you will be using*
* Warning Signs / Premature Labor. (Lecture / Flip Chart) *do you have reference books?*
* Stages of Labor. (Video) 10 minutes. **9:50 – 10:00 -** *give a warning if is a explicit film*
* Early Labor: What to Expect, What to Do *Which books or information?*
  + Brief review of what to expect: 2-24+ hours. 30 minutes to 5 minutes apart, lasting 30-45 seconds. Can walk and talk, chat in between. Write on board.
  + Labor Record: How to Time contractions.
  + Eating and Drinking **~**
  + Rest/Relax, Distraction, Labor-Enhancing Activities
  + Hand out cards describing activities; why helpful? Why not?
  + Body Mechanics and Exercise: Exercises (Active) 10-15 minutes.
  + Getting Up, Lifting things, Kegels, Squatting, Pelvic Tilt
* Pain in Labor / Purpose of Comfort Techniques. 10 minutes.
  + Pain-Tension-Fear. Gate Control Theory.
  + If there’s time: Massage (Demo/Return).

Active Labor & Delivery

* Handouts: Birth Plan, Labor Comfort Kit, Breathing Techniques
* Posters: Cervical Exam? Monitor, IV? Positions for Active Labor, Back Labor, Pushing.
* Materials: Flip Chart of Hospital Procedures. Video: Carl and Donna
* Active L. overview: 100% effaced, dilate 4-8 cm. Ctx 3-5 mins apart,
* , painful. Last 30 mins - 10 hours. Avg. 7 hrs. Mom’s mood, no walk/talk.
* Deciding to Go to Hospital.
  + When to call dr: Ask! When to go to hospital
  + Driving. Parking. 5 East elevator how long to get there?
  + Hospital Procedures / Birth Plan. (Flip chart and handout).
  + Unwritten Rules. What are hospitals like?
  + Decision to admit? 50% sent home.
  + Vital Signs. Vaginal exams.
  + Fetal Monitoring: Routine. then depends
  + Birth plans: Refer them to handout, and *book*
* Active Labor.
  + Think on each contraction: What are you feeling (Physical / emotional ) What is your job? What is your partner’s job? Relaxation, Rhythm, Ritual
  + Coping with Active Labor (They brainstorm and I reinforce).
  + Positions. Demonstrate, have them practice. 5-10 minutes.
  + Birth Video:.
* Transition:
  + Overview: Dilates to 10 cm. Ctx 2-3 mins apart, 60-90 secs long. Intense. 10 minutes to 2.5 hours; 1.5 hrs avg.. Discouraged, scared, angry. May be trembling, hot/cold, nauseous.
  + Partner: stay close! Variable Breathe (Says #), Encouragement. Take Charge.
  + Second Stage Labor.
  + Overview: dilated, baby’s descended, ready to be delivered. Ctx 3-5 mins apart, 45-90 secs. UTP. Grunts, groans. Lasts 1-3 hours. Average 1.5.
  + Breathing Pushing. Spontaneous versus directed pushing. Resisting UTP.
  + Positions for Pushing: Goal of these positions / criteria. Show them poster of different second stage positions, and have them evaluate.
  + Practice Positions and breathing.
* Third Stage Labor, and Initial Newborn Procedures.
  + Placenta, Baby on chest, oxygen, Cord Blood.
* *Give homework: Labor Review and Birth Plan Handout*

*Over lunch: Hand out variations. Set up c-section video. Set up Comfort Techniques video*

Variations of Labor, Interventions, and Pain Medication

* Handouts: Common Variations of Labor, Breathing Techniques
* Posters: Epidural, where inserted. Forceps, vacuum, episiotomy.
* Materials: Flip chart on Induction, Amnio-hook. Flip on epidural. Any epidural supplies. Flip 2nd stage interventions. Flip cesarean. Video of procedure.
* Bring from Home: Epidural role-play kit, epidural side effects poster
* When back from lunch: Q&A
* Breathing Techniques:
  + Cleansing. Deep Abdominal. Hee-Hee. Hee-Hee-Blow. Variable. Slide.
* The Fast Labor:.
* Induction
  + Post-dates, Other Reasons
  + Natural: Nipple Stimulation, Intercourse / Orgasm, Herbal, Acupressure
  + (ask dr. first!)
  + Medical: Prostaglandins, Pitocin, AROM (pass amnio hook)
  + Risks
* Slow first stage labor:
  + Patience, self-care. Augmentation.
* Back Labor.
  + Why? How to recognize. Getting baby to turn. Comfort.
* Pain Medication
  + Confidence / Commitment. Communicating with partner about
    - Why you need coping techniques even if planning on meds.
  + IV Pain Meds / Narcotics (Lecture).
    - Usually i.v. Sometimes i.m. Timing, additional doses.
    - Not anesthesia: analgesia. Alter reaction to pain. “take the edge off.”
    - When are they useful?
    - Side effects on mom. Side effects on baby.
    - Environmental factors.
  + Epidural Role Play.
    - What? Advantages.
    - How administered? Side effects?
    - Minimizing the Risks. PUT UP POSTERS
* Slow Second Stage. Second Stage Interventions
  + Reasons
  + Forceps, VE (stops from receding), Episiotomy (75% tear). Preventing.
* Cesarean Birth. 
  + - Reasons. Risks.
    - Video of Procedure.
    - To help avoid cesarean.

*Over break, set up stations. Can overflow into beginning of video.*

Comfort Techniques, Postpartum Period plus Resources

* Video: Understanding Comfort Techniques: make sure you give yourself a lttel time before and after video -
* Labor Rehearsal: ……………………… Give yourself a good half an hour!
* Postpartum Period **: …………………..** 
  + Physical Recovery: Lochia (9 months worth of period), Involution, Care of the Perineum (peri bottle), Elimination
  + Emotional Recovery: Changes. Lack of sleep. Changes in self-image, priorities. Pushes normal coping abilities. Power of peer support.
  + Baby Blues,
  + Relationship: Division of Labor. Quality Time. Sex after baby. Counseling now.
* Where to Find More Info **: ………………. Should take no more than 10 mins**
  + Breastfeeding support groups ….tel no: . plus contact names.
  + You could list Books, Websites..etc or you could offer your ladies books
  + From your own library?......................

Evaluations question and Answers from parents = class discussion: ……………………….

Remember:

What would you like to hear during these topics, as a mother yourself? Would you be happy with a sheet of paper pinned to a wall with contact no’s on ? or would you like to have a written fact sheet containing all the information you need?

Always put yourself in the place of the parents… for a more accurate perception of the course you are running.

This is a sample day in Antenatal Education ….. this plan is easy to adapt to your own personal classes…. Maybe you wish to do a 2 hour course spread over a period of weeks? Or half day ? ………………………………..

Now re-write you own Childbirth Preparation Class, what you would like to offer – keep it simple!

Can you please submit by email to : [bumps2babies@manx.net](mailto:bumps2babies@manx.net)

*Your tutor is there to advice you if needed.*