

OUTLINE

I. UNIT 1 – GETTING STARTED

- a. Module 1 – The Childbirth Educator Program
 - i. Outline
 - ii. Objectives
 - iii. Books & resources
 - iv. Requirements for completion
 - v. Successful online learning
- b. Module 2 – You the Educator
 - i. Evidence based teaching
 - ii. Ethics, values & goals for childbirth educators
 - iii. Language
- c. Module 3 – Giving Birth in Canada
 - i. Healthcare in Canada
 - ii. The role of midwifery
 - iii. The safety of homebirth
 - iv. Issues for smaller & isolated communities

II. UNIT 2 – PREGNANCY

- a. Module 4 – Reproductive Anatomy & Conception
 - i. Female anatomy
 - ii. Male anatomy
 - iii. Conception
 - iv. Assisted reproduction
- b. Module 5 – Fetal Life
 - i. Physical development
 - ii. Sensory development
 - iii. Risks & environmental hazards
- c. Module 6 – The Pregnant Parents
 - i. Physical aspects of pregnancy
 - ii. Emotional aspects of pregnancy
 - iii. Prenatal care procedures
 - iv. Prenatal screening & testing
- d. Module 7 – Healthy Pregnancy
 - i. Nutrition & exercise
 - ii. Illness & medication
 - iii. Smoking, alcohol & street drugs
 - iv. Safety at work & home
 - v. Personal care

III. UNIT 3 – BIRTH

- a. Module 8 – Physiologic Birth
- b. Module 9 – Fear, anxiety & pain
- c. Module 10 – First Stage
 - i. Process of first stage
 - ii. Comfort & coping for first stage
 - iii. Module 11 – Second Stage
 - iv. Process of second stage
 - v. Comfort & coping for second stage
- d. Module 12 – Challenges in first stage
 - i. Getting labour started
 - ii. Managing pain
 - iii. Assessing progress & fetal & maternal wellbeing
 - iv. Obstetrical concerns in first stage
- e. Module 13 – Challenges in second stage
 - i. Obstetrical concerns in second stage
 - ii. Obstetrical procedures in second stage
- f. Module 14 – Risk & decision-making
- g. Module 15 – Cesarean birth
- h. Module 16 – Special circumstances
 - i. Breech birth
 - ii. Multiples
 - iii. Young mothers
 - iv. Survivors of abuse
 - v. Stillbirth

IV. UNIT 4 - POSTPARTUM

- a. Module 17 – Third & fourth stages
- b. Module 18 – Challenges in third & fourth stages
- c. Module 19 – Life with baby
- d. Module 20 – Breastfeeding & alternatives

V. UNIT 5 – YOU THE EDUCATOR

- a. Module 21 – Lesson planning
- b. Module 22 – Preparing to teach