DOUGLAS COLLEGE CHILDBIRTH EDUCATOR PROGRAM
OUTLINE

INTRODUCTION

Douglas College Mission Statement
Welcome letter
Your instructor

UNIT 1 – GETTING STARTED

Module 1 – The Childbirth Educator Program
  a. Outline
  b. Objectives
  c. Books & resources
  d. Requirements for completion
  e. Successful self-directed learning

Module 2 – You the Educator
  a. Evidence based teaching
  b. Ethics, values & goals for childbirth educators
  c. Language

Module 3 – Giving Birth in Canada
  a. Healthcare in Canada
  b. The role of midwifery
  c. The safety of homebirth
  d. Issues for smaller & isolated communities

UNIT 2 – PREGNANCY

Module 4 – Reproductive Anatomy & Conception
  a. Female anatomy
  b. Male anatomy
  c. Conception
  d. Assisted reproduction

Module 5 – Fetal Life
  a. Physical development
  b. Sensory development
  c. Risks & environmental hazards
Module 6 – The Pregnant Parents
   a. Physical aspects of pregnancy
   b. Emotional aspects of pregnancy
   c. Prenatal care procedures
   d. Prenatal screening & testing

Module 7 – Healthy Pregnancy
   a. Nutrition & exercise
   b. Illness & medication
   c. Smoking, alcohol & street drugs
   d. Safety at work & home
   e. Personal care

UNIT 3 – BIRTH

Module 8 – Physiologic Birth
   a. Defining physiologic birth
   b. The process of physiologic labour & birth
   c. Vocabulary for birth
   d. Stages & phases of labour
   e. Healthy birth practices

Module 9 – Fear, anxiety & pain
   a. Pain theories
   b. Assessments of pain & coping in labour
   c. Fear & anxiety in pregnancy and labour

Module 10 – First Stage
   a. Process of first stage
   b. Comfort & coping for first stage

Module 11 – Second Stage
   a. Process of second stage
   b. Comfort & coping for second stage

Module 12 – Challenges in first stage
   a. Getting labour started
   b. Managing pain
   c. Assessing progress & fetal & maternal wellbeing
   d. Obstetrical concerns in first stage

Module 13 – Challenges in second stage
   a. Obstetrical concerns in second stage
   b. Obstetrical procedures in second stage
Module 14 – Risk & decision-making
   a. Keeping risk in perspective
   b. Informed shared decision making
   c. Informed consent
   d. Birth planning

Module 15 – Caesarean birth
   a. Medical indication for caesarean birth
   b. The mother & partner’s experience of caesarean birth
   c. Reducing the risk of requiring a caesarean birth
   d. Recovery
   e. Vaginal birth after caesarean
   f. Impact of caesarean birth on the baby
   g. Impact of caesarean birth on future pregnancies
   h. Elective caesarean

Module 16 – Special circumstances
   a. Breech birth
   b. Multiples
   c. Young mothers
   d. Survivors of abuse
   e. Stillbirth

UNIT 4 – POSTPARTUM

Module 17 – Third & fourth stages
   a. Events of third stage
   b. Delay of cord clamping
   c. Newborn characteristics and behaviour
   d. of the family in the immediate postpartum
   e. Common medical procedures
   f. Initiating breastfeeding

Module 18 – Challenges in third & fourth stages
   a. Active management of third stage
   b. Health issues with the baby
   c. Health issues with the mother

Module 19 – Breastfeeding & alternatives
   a. The importance of breastfeeding
   b. The impact of the birth experience on breastfeeding
   c. Laid-back breastfeeding
   d. Encouraging a mother’s confidence to breastfeed
   e. Challenges to breastfeeding
   f. Safe sleep and breastfeeding
   g. Alternative feeding methods
Module 20 – Life with baby
   a. Baby care
   b. Safety
   c. Coping with crying
   d. Circumcision
   e. Infant development
   f. Recovery after birth
   g. Postpartum adjustments
   h. Self care for mother
   i. Relationships
   j. Parenting styles & philosophies
   k. Postpartum depression

UNIT 5 – YOU THE EDUCATOR

Module 21 – Lesson planning

Module 22 – Preparing to teach