

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