

# PRENATAL IN A DAY OUTLINE

One Saturday class 9:00 - 16:00

## **Late pregnancy & Birth overview**

- Pregnancy Discomforts & Coping
- Baby Positioning
- Late Pregnancy Concerns + Recognizing Preterm Labour
- Overview of Physiological Birth

## **Labour, Birth & comfort measures**

- Stages and Phases of labour
- Positions, Coping & Comfort Measures for Labour
- Pain in Labour
- Support Strategies for Partners
- Second Stage Comfort Measures
- Birth and Immediate Postpartum

## **Challenges, Interventions & Decision-making**

- Getting Labour Started
- Medical Management of Pain
- Second Stage Interventions
- Cesarean Birth
- Decision Making + Birth Plans

## **Initial Infant Feeding**

- Benefits of Human Milk
- How our Body Produces Milk
- Latch- How to and Why is it Important?

## **Postpartum**

- Newborn Appearance and Procedures
- Recovery from Birth
- Perinatal Mood Disorders
- Knowing your Newborn

This is a brief outline as many more things are covered in each class. Instructors are available after class for questions. There will be breaks throughout the day and a lunch break around noon.

**Please note: Unlike the Evening Class Series or Prenatal and Newborn Care in 2 days, this class does not offer access to our online course with resources and class recordings.**