

PRENATAL IN A DAY OUTLINE

- One Saturday class 9:00 - 16:00

Late pregnancy & Birth overview

- Discomforts & coping
- Emotions of late pregnancy, fear and anxiety
- Baby Positioning
- Late Pregnancy concerns + Recognizing Preterm Labour
- Overview of the Physiological process of Birth

Labour, Birth & comfort measures

- Stages and phases of labour
- Positions & 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.