

# Prenatal & Newborn Care Online - Outline

Delivered as: (You may take any and as many classes as you like)

- Seven evening classes 7:15-9:15
- Saturday Prenatal in a Day (9AM-3:30PM) – Classes 1-4
- Saturday Newborn care (9AM-3:30PM) – Classes 5, 6 & 7
- Classes are also recorded for future viewing

## **Class 1 – Late pregnancy & birth overview**

- Discomforts & coping
- Emotions of late pregnancy, fear and anxiety
- Self care
- Warning signs
- Recognizing preterm labour
- Overview of the process of birth

## **Class 2 – Labour, Birth & comfort measures**

- Stages and phases of labour
- Positions & comfort measures for labour
- Support strategies for partners
- Second stage comfort measures
- Birth and immediate postpartum

## **Class 3 – Challenges, interventions & decision-making**

- Getting labour started
- Pain in labour
- Medical management of pain
- Second stage interventions
- Cesarean birth

## **Class 4 – Breastfeeding**

## **Class 5 – Postpartum**

- Recovery from birth
- Physical & emotional adjustment
- Postpartum mood disorders
- Partners and postpartum

## **Class 6 – Newborn care, part 1**

## **Class 7 – Newborn care, part 2**

- Bringing baby home
- Safe sleep
- Bathing
- Dressing & diapering
- Reducing the risk of SIDS
- Safety around the home
- When baby is sick
- How babies learn

This is a brief outline, many more things are covered in each class and instructors are there after class for questions. Special sessions added on request (twins, planned cesarean etc.)

Participants have full access to all resource material, videos and class recordings.