

# PRENATAL & NEWBORN CARE SERIES - OUTLINE

- Six evening classes 7:00 - 9:00

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

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

## **Class 2 – 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

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

- Getting labour started
- Medical management of pain
- Second stage interventions
- Cesarean birth
- Decision making + Birth Plans

## **Class 4 – Infant Feeding**

- Benefits of Human Milk
- How our body produces Milk
- Latch- How to and Why is it important?
- Challenges + Support
- Expressing Milk + Bottle feeding

## **Class 5 – Postpartum**

- Newborn appearance and procedures
- Recovery from birth
- Physical & emotional adjustment
- Perinatal mood disorders
- Partners, relationships and postpartum

## **Class 6 – Newborn care**

- Bathing, Dressing & diapering
- Safe Sleep- Reducing the risk of SIDS
- Safety around the home
- When baby is sick
- How babies learn- Attachment and Bonding
- Reviewing Expectations and Realities of life with a newborn

This is a brief outline as many more things are covered in each class. Instructors are available after class for questions. Participants also have full access to all online resource material, videos and class recordings