



Birth Beginnings

“Childbirth is a profound rite of passage a woman remembers for life.”

Prepared Childbirth Education Class Outline

Parental Responsibility and Informed Consent

- Every woman is unique and every labour is as well. During this section of the class we talk about the importance of gaining good knowledge to make the decisions that are best for you and your family during pregnancy and beyond.

Labour

- What to expect on your baby's birth day
- What you can do to enhance your labour and things that can cause labour to slow down
- We discuss Mom, partner and baby's roles

Comfort Measures

- Tricks of the trade to keep your labour on track and as comfortable as possible

Common medical procedures

- We discuss the various interventions that could occur in your labour, their benefits, risks and how best to avoid them

Birth Plans

- Why you would need a birth plan and what to include in it
- During the birth of your child there are many different options, we explore each one and determine what your top birth priorities are
- How to deal with changes in your birth plan should they occur

Postpartum

- Realistic expectations for mom, partner, baby, the family unit and the couple
- Tips on minimizing the effects of sleep loss

Breastfeeding

- How breastfeeding benefits the whole family
- How to latch
- Ensuring baby gets enough milk
- Problem solving

Along with the course you have access to my lending library filled with books, videos, cd's, articles and pamphlets. You will receive a course manual and "Breastfeeding Frequently Asked Questions".