



Two Saturdays 9:00 - 16:00 OR Saturday and Sunday 9:00 - 16:00

Day 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 Physiological 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 and Interventions

- Getting Labour Started
- Medical Management of Pain
- Second and Third Stage Interventions

Day 2

Cesarean Birth + Decision Making

- Cesarean Birth
- Decision making + Birth Plans
- Newborn Appearance and Procedures

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

Postpartum + Newborn care

- Recovery from birth
- Physical & Emotional Adjustments (including Perinatal mood disorders)
- Bathing, Dressing & Diapering your newborn
- Safe Sleep- Reducing the risk of SIDS
- Safety around the Home and Illness
- 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.