

# Prenatal Crash Course Outline

## (2 day course)

### Day 1

- Introductions
- Pregnancy ins & outs
- Anatomy of the pregnant body
- Stress and its effects on labour
- Getting the baby in the best position for labour and birth
- Labour overview
- Labour signs
- Understanding pain in labour
- Comforts for labour
- Labour positions and massage
- Breathing and relaxation
- Interventions: Induction, monitoring, assisted deliveries
- Drugs for relieving pain
- Birth plans

### Day 2

- Birth of the baby and placenta
- Newborn procedures
- Caesarean Birth
- Postpartum care I (physical recovery)
- Postpartum care II (emotional aspects, includes postpartum depression)
- Breastfeeding
- What do expect on the first few weeks with baby
- Discussion on co-sleep, use of pacifier and introducing solids
- Baby care
- Normal newborn appearances
- Attachment parenting: demo on carriers, slings and wraps
- Closure/evaluations/pictures