

Prenatal Course Outline

(6-week course)

Class 1

- Introductions
- Pregnancy ins & outs
- Anatomy of the pregnant body and terminology
- Labour Overview - Stages and phases of labour
- Stress and its effects on labour
- Getting your baby in the best position for labour and birth
- Labour signs

Class 4

- Birth of the baby and placenta
- Newborn procedures
- Breast x Bottle understanding the pro and cons

Class 2

- Ice breaker
- Understanding Pain in Labour
- Natural Childbirth (First Stage)
- Comforts for labour
- Massage and Positions for Labour
- Breathing and Relaxation
- Packing your hospital bag

Class 5

- Caesarean Birth
- Postpartum care I (physical recovery)
- Postpartum care II (emotional aspects)
- Postnatal Depression
- Breastfeeding

Class 3

- Interventions: Induction, monitoring and assisted deliveries
- Drugs for pain relief
- Birth Plans
- Making Decisions / Communicating with care providers

Class 6

- What do expect on the first few weeks with baby
- Discussion on co-sleep, use of pacifier and introducing solids
- Baby Care (changing diapers, bathing, umbilical cord care etc.)
- Normal newborn appearances
- Attachment parenting: demo on carriers, slings and wraps
- Closure/Pictures/Evaluation