

Childbirth Education

Course Outline: 2-day

DAY 1 MORNING SESSION

- Fetal development
- Nutrition & lifestyle in pregnancy
- Diagnostic tests
- Common discomforts of pregnancy
- Signs & symptoms to report to the doctor
- Events of late pregnancy
- Signs of approaching labour
- Labour & delivery (first, second and third stage)

DAY 1 AFTERNOON SESSION

- Exercise & fitness during pregnancy
- Fear, tension, pain triad in childbirth
- Relaxation techniques
- Breathing techniques (slow, light accelerated, variable transition, expulsion)
- Birth plan & Labour support
- Back labour
- Induction
- Episiotomy & perineal massage
- Forceps & vacuum extraction
- Fetal monitoring

DAY 2 MORNING SESSION

- Pharmaceutical pain relief in labour
- Epidural anaesthesia
- Pain medication preference scale
- Caesarean
- Immediate care of mom & baby
- Postpartum physiological changes in mom
- Postpartum adjustments
- Birth control & sexuality
- Labour rehearsal

DAY 2 AFTERNOON SESSION

- Normal newborn characteristics
- Newborn jaundice
- Circumcision
- Infant feeding
- Newborn care at home
 - Layette

For more information contact (613)
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