

A look inside Unmedicated Academy

Women deserve to walk into birth informed, confident, and prepared and this curriculum was built to make that possible. Below you'll find a full look inside **Unmedicated Academy**, including the complete curriculum outline and [a preview lesson](#) so you can see exactly how we teach moms about physiology, hospital routines, interventions, advocacy, and the real decisions they'll face during birth.

If you haven't already, start by downloading the [Done-For-You Curriculum Guide](#) to see how birth workers are using this in their businesses. Then reach out to Lizzie ([@fiercelizzie](#)) to get the link to our next info call to learn how you can start offering this education to the moms you serve.

Bonus Module: Unmedicated Pregnancy

- Birth Prep Class
- The Prenatal Appt
- Blood Work
- Genetic Testing
- More Routine Things
- Natural Herbs & Remedies
- Common Medications

Module 1: BIRTH

- Normalize Normal Birth
- Physiologic Birth and Benefits
- Birth Collection
- Hormones of Labor
- Birth Terminology
- The Pain of Childbirth
- Process of Labor - Stage 1
- Process of Labor - Stage 2
- Process of Labor - Stage 3
- Baby's Positioning
- Possible Complications
- Module 1 Wrap Up

Module 2: Options & Alternatives

- What is Informed Consent?
- If you give a mom an intervention ([preview this lesson](#))
- Induction 101:
 - What happens during an induction?
 - Risks & Benefits
 - Cervical Ripeners
 - Pitocin
 - ARRIVE
- Late Pregnancy Routines & Interventions
 - GBS+ Now What?
 - Gestational Diabetes & Induction
 - Suspected Big Baby
 - Ultrasounds & NSTs
 - High Blood Pressure/Preeclampsia
 - Low/High Fluids
 - Cervical Exams
 - Induction for Due Dates
- Stage 1 (Labor) Routines & Interventions
 - Arriving at the Hospital
 - PROM
 - Fetal Monitoring
 - No Food/Drink
 - IV Fluids
 - AROM
 - Meconium
 - Epidural & IV Opioids
 - Cesarean
 - Failure to Progress & Descend
- Stage 2 (Pushing) Routines & Interventions
 - Coached Pushing
 - 1 Step vs 2 Step Birth
 - Cervical Lip
 - Perineal Tears

- Stage 3 (Placenta) Routines & Interventions
 - Active vs Expectant Management
 - Cord Clamping
 - Pitocin in Stage 3
 - Cord Traction
 - Fundal Massage
 - PPH
- Birth Rights Basics
- More Options: Breech
- Labor Research Library
- Module 2 Wrap Up

Module 3: Strategies

- DIY Affirmations
- Informed Intervention Workshop
- Early Labor TIIPS
- Support Tools Unique to Unmedicated
- Breathing Techniques
- 4 Rules of Labor Positioning
- No Push Pushing Stage
- Additional Techniques
- Relaxation Practices
- Module 3 wrap up

Module 4: Support

- Building your team
- Code Word Method
- Partner Support by stage
- Writing a birth plan
- Convos to have before labor
- Birth Plan Templates

Bonus Module: Newborn

- Newborn Procedures

Bonus Module: Unmedicated VBAC

- VBAC Myths
- Risks: Rupture v. Accreta
- ACOG on VBAC
- Planning an unmedicated VBAC
- VBAC Resources
- Gentle Cesarean