

SAMPLE BIRTHING AGAIN CLASS PLAN

Can be adapted to other class formats, i.e., 1-Day Class, etc.

WEEK/ SESSION	PAIN COPING AND MINDFULNESS	PRACTICAL INFORMATION	MULTI SENSORY ACTIVITY	CLOSING
1	<p>Solution-Focused Dialogue: What worked last time?</p> <p>Baseline/Scaling</p> <p>Introduce or review Breath Awareness</p>	<p>Review: Laborland and Stages of Labor</p>	<p>Learning from Previous Birth(s)</p> <p>Birth Partner Game Or Birth Story Labyrinth</p>	<p>Great Story or Poem</p>
2	<p>Non-Focused Awareness</p>	<p>Review: OFP, Posterior Labor, and Labor Positions, with partner practice</p>	<p>Birth Art: “Womb with a View”</p>	<p>Slow Dancing</p>
3	<p>Finding the Center and/or Circular Breathing</p>	<p>Getting Information Role Play, Cesarean Role Play, etc.</p>	<p>“Date Night” Candle-lit Conversation</p>	<p>Lullabies or Read <u>Julius, Baby of the World</u> (by Kevin Henkes)</p>
4	<p>Coyote Circle</p>	<p>Postpartum Prep for parents and siblings</p>	<p>Inanna Storytelling (with optional art process of your choice)</p>	<p>Footbath</p>