

## Class 1

**Introductions** – Getting to know you questionnaire, (name tags on lanyards, 1<sup>st</sup> bead for attending class congratulations on pregnancy), Class goals, Class schedule (handout) {20 min}

## Learning styles

- **Visual (spatial):** You prefer using pictures, images, and spatial understanding.
- **Aural (auditory-musical):** You prefer using sound and music.
- **Verbal (linguistic):** You prefer using words, both in speech and writing.
- **Physical (kinesthetic):** You prefer using your body, hands and sense of touch.
- **Logical (mathematical):** You prefer using logic, reasoning and systems.
- **Social (interpersonal):** You prefer to learn in groups or with other people.
- **Solitary (intrapersonal):** You prefer to work alone and use self-study.

**Pregnancy** – Your Changing Body, Hormones, Family dynamics, Your Growing Baby (video or slideshow growing fetus) {45 min}

## 10 MIN BREAK/SAMPLE HEALTHY SNACKS

**Health** – Nutrition and importance of natural raw sources (calories, protein, fats, good carbs, probiotics, optional take-home handout), Staying Active, Rest, Discomforts (group discussion/share experiences and what helps), Prenatal testing, Warning signs of preeclampsia and preterm labor (handout) {45 min}

## Class 2

**Settings/Providers** – Home, Birth Center, Hospital (pictures of each), OB, CNM, CPM (pros, cons, differences, models of care) {15 min}

**Cascade of Interventions** – Routine? What they are (Induction, AROM, IV, Epidural, Catheter, Continuous fetal monitoring) Intervention Irene (hook someone up to everything), How to avoid them, How to cope if they are necessary (peanut ball, bed positions) {40 min}

## 10 MIN BREAK

**Making Informed Decisions** – Rights, Choices, Evidence, practice using the BRAIN (decision making guide handout) (2<sup>nd</sup> bead for using your brain), Your body Your baby Your choice {20 min}

**Birth Plan/Preferences** – What is it and why have one? What are your big top 3? Plan B, Options, Samples (handout), Draw your birth, Create your birth plan at home {35 min}

## Class 3

**Labor** – Signs and symptoms (mucus plug, loose bowels, not feeling right), True labor vs False labor (handout), Medical terminology used and what it means, Positions of baby and how this might affect labor, Variations of Normal (draw contraction patterns) {55min}

#### 10 MIN BREAK

**Labor cont.** - Stages of Labor, Onset of Labor, Early labor, Active labor, Transition, **Contraction simulation with ice** Warning signs, When to call your provider **(included on handout)**, Prodromal, Precipitous, How to deal with the unexpected or emergencies **(share my story of car birth)** **(3<sup>rd</sup> bead for labor)** {55 min}

#### Class 4

**Labor Support** – Partner/Doula/Others, Atmosphere, Pain, Fear/Tension/Pain cycle, Research, Resources **(handout with resources)**, Spinning Babies, KellyMom), Eating, Drinking, Peeing, Moving, Resting, **Love languages quiz** {55 min}

#### 10 MIN BREAK

**Coping Strategies/Techniques** – **Brainstorming together** (Relaxation, Breathing, Visualization, Affirmations, Music, Massage, Lights, Scents, Positions, Hydrotherapy, Medications, Epidural), **Contraction simulation with ice** **(4<sup>th</sup> bead for support)** {55 min}

#### Class 5

**Birth** – Vaginal, Assisted (Forceps, Vacuum), Cesarean, VBAC, Pain, Hormones, Effacement, Dilation **(show board)**, Station **(balloons with ping pong balls)**, Pushing vs. Laboring down, Placenta, Cutting the cord **(practice with twizzlers)** {55 min}

#### 10 MIN BREAK

**Postpartum** – Skin to skin, Bonding, What to expect physically (Involution, Afterpains, Lochia, Perineum, Stitches, Hemorrhoids, Pelvic floor, Diastasis Recti), Hormones, Emotions (Anxiety, Depression, partner feelings, other children), Self care (rest, nutrition, surgery recovery, signs of infection) **(handout with resources for pelvic floor specialist and PPMD)**, **5<sup>th</sup> bead for self-care)** {55 min}

#### Class 6

**Breastfeeding/Formula feeding** – Why breastfeed? Anatomy of breast, Colostrum/milk (engorgement), Size of baby's tummy, Feeding cues, Is my baby getting enough milk **(handout)**, Positioning **(practice with baby dolls)**, Latch, Issues to watch for (sore nipples, plugged duct, mastitis), preparing formula, sterilizing bottles, feeding positions (no propping) {55 min}

#### 10 MIN BREAK

**Newborn** – Appearance, Crying, Sleeping, Feeding, Diapering, Bathing, Umbilical cord, Weight gain, Car seat safety (share my story), Issues (spitting up, jaundice, dehydration, colic, reflux), Hospital procedures (tests, circumcision), **Care for baby relay race** **(6<sup>th</sup> bead for baby tummy size)** {55 min}

Learning styles information retrieved from

<https://learning-styles-online.com/overview/?msclkid=f8c078a9a6d911ec9ef5d48011548c1>