



BELLINGHAM TECHNICAL COLLEGE PARENTING EDUCATION

DEPT/COURSE #: CHFM 105, 106, 107, 111 (non graded courses)

COURSE TITLES: CHILDBIRTH & PARENTING PREPARATION

CHFM 105 Preparation for Childbirth & Parenting

CHFM 106 Pregnancy & Childbirth

CHFM 107 Childbirth Preparation: Weekend

CHFM 111 Understanding Birth eClass

COURSE DESCRIPTION:

These courses are designed for pregnant women and their support persons to begin in late pregnancy. The various classes inform expectant parents about the physical and emotional changes in the last trimester of pregnancy, teach breathing and relaxation methods to make the childbirth easier, and provide information to begin preparing them for parenting a new life.

COURSE OUTCOME:

Increased ability to effectively cope with labor, birth, postpartum, and early parenting

COURSE OUTCOME ASSESSMENT:

Course outcomes will be achieved by successful mastery of all objectives listed below.

STUDENT PERFORMANCE OBJECTIVES (Course competencies):

Upon completion of the course, a woman and her support person should be able to:

- Identify major physical and emotional changes of late pregnancy
- Recognize positions which enhance comfort and posture in late pregnancy
- Work together as a team to develop relaxation skills
- Describe the food pyramid and explore the major nutrients in each category; describe their relevance to pregnancy.
- Recognize essential nutrients necessary for late pregnancy.
- Define female anatomy terms for labor and birth.
- Describe stages of labor and birth, and the physical and emotional characteristics of each.
- Demonstrate various breathing techniques.
- Practice comfort measures for labor and birth & identify the role of the labor partner.
- Define the birth plan and explain its role in the relationship with the birth attendant and create a birth plan.
- List the reasons for Cesarean birth & describe the process & recovery.
- Discuss the uniqueness of each childbirth experience and develop flexible expectations for own experience.
- Develop realistic expectations about the postpartum period.
- Describe physical and behavioral characteristics of newborns and their needs.

- Describe how-to's of breastfeeding.
- List the major reasons for using car restraints. Describe different types of car restraints. Acquire an appropriate car seat for a newborn.
- Identify post-partum adjustments and plan coping strategies.
- List community resources concerned with pregnancy and parenting.
- Demonstrate use of comfort, positioning, visualization, relaxation and breathing techniques during labor rehearsal.

COURSE OUTLINE:

Courses provide overviews of:

- Childbirth preparation
- Nutrition and prenatal care
- Late pregnancy, labor, and birth
- Labor specifics
- Labor variation, interventions, and cesarean birth
- Postpartum and parenting
- Early postpartum
- Newborn care and feeding
- Before birth, participants may attend the "Breastfeeding Basics & Beyond" or VBAC courses
- Postpartum Issues

METHODS OF INSTRUCTION:

1. Group activities, interaction, and discussion
2. Handbook reading and review
3. Lecture and discussion
4. Audio-visual presentations
5. Guided practice

STUDENT ASSIGNMENTS/REQUIREMENTS:

These are non graded courses. To get the most out of your course, we suggest you

- Read portions of class handbook that relate to each weeks topic.
- Practice exercises, relaxation, and breathing techniques.
- Tour birth facility.
- Develop and write birth plan.
- Read book/pamphlet on breastfeeding and cesarean birth.
- Attend the one session "Breastfeeding" and/or "VBAC" classes.

REQUIRED STUDENT SUPPLIES & MATERIALS:

Handbook: *Pregnancy, Childbirth, and the Newborn*, by Simkin, Whalley, and Keppler (2010)

Optional Texts: *The Womanly Art of Breastfeeding*, La Leche League (2010)

Supplies: Mats and pillows
Pen and paper

ADDITIONAL INSTRUCTIONAL RESOURCES:

Program Resource Site: <http://www.btc.edu/pcp>

Accommodations: If you think you could benefit from classroom accommodations for a disability (physical, mental, emotional, or learning), please contact our Accessibility Resources office. Call (360) 752-8345, email ar@btc.edu, or stop by the AR Office in the Admissions and Student Resource Center (ASRC), Room 106, College Services Building.