



# CHILDBIRTH PREP WEEKEND

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## Overview of the Class Sessions

### Class I Saturday

- Welcome/Introductions/Course Overview
- Overview of Anatomy & Birth Physiology
- Pregnancy Changes
- Introduction to Breathing & Relaxation
- Introduction to Labor & Birth Process
- Comfort Measures/Role of the labor partner
- Pregnancy Nutrition
- Second & Third Stage Labor
- Positions for Labor & Birth
- Labor Skills Practice
- Car Seat Safety
- Introduction to Newborn Care & Early Postpartum



### Class II Sunday

- Variations of Labor/Interventions
- Birth Plan
- Cesarean Birth
- Infant Feeding & Care
- Labor Skills Practice
- Newborn Care
- Postpartum Planning & Parenting Considerations
- Course Evaluation
- Wrap-up

Class Information on:  
Pregnancy, Childbirth, and Parenting Resource Site  
<http://www.btc.edu/pcp>



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# PREPARING FOR CHILDBIRTH

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## Course Goals

The overall goals of this course are to:

1. Involve the woman and her family and support persons in the processes of pregnancy, labor, and birth.
2. Provide a support group of expectant families for class participants.
3. Provide the pregnant woman and her support persons with accurate information about normal pregnancy, labor and birth, and the characteristics of newborns.
4. Promote the good health of pregnant women and their families through teaching about nutrition, exercise, rest, and body mechanics.
5. Provide options for managing stress, not only from pregnancy, labor, and birth, but also from our lifestyle, through varied relaxation techniques.
6. Reduce the stress of labor and birth through specific relaxation and breathing techniques geared to the individual needs of the women in labor.
7. Provide information for enhancing communication skills between the couple and within their family.
8. Provide a nonjudgmental setting for exploring the emotions and often new feelings that accompany every pregnancy.
9. Provide information about local birthing options, choices available for individuals and families, and community resources.
10. Emphasize the role of the couple as partners in the perinatal team throughout pregnancy, labor and birth, and parenting.
11. Provide families with the most current information regarding infant care, lactation, and postpartum changes within the family (including emotional, physical, social, and psychological changes).