



CO-SPONSORED BY BELLINGHAM TECHNICAL COLLEGE AND PEACEHEALTH ST. JOSEPH MEDICAL CENTER



PeaceHealth  
St. Joseph Medical Center

# PREPARATION FOR CHILDBIRTH AND PARENTING

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## Overview of the Class Sessions

### Classes 1 & 2: Introduction to Labor and Birth

- Physical & emotional changes of pregnancy
- Body mechanics and conditioning exercises
- Fetal development
- Nutrition
- Overview of the birth process
- Car seat safety
- Labor coping skills
- Role of the labor partner

### Classes 3 – 5: Labor and Birth

- Normal labor
- Birth plan
- Variations of labor
- Medications for labor & birth
- Medical interventions
- Cesarean Birth
- Birth videos
- Practice for labor



### Classes 6 – 8: Newborns and Postpartum Care

- Newborn characteristics and care
- Infant feeding
- Postpartum: emotional and physical aspects
- Continued practice for labor
- Plan reunion
- Course evaluation
- Wrap-up

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



# 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).