



# Understanding Birth eClass

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## Overview of Class Sessions

- Class 1**
- Welcome & introductions
  - Labor onset & quick review
  - Breathing for labor
  - Conditioning exercises
  - Touch massage/relaxation

## Online self-study

**Chapter 1: Pregnancy** – anatomy, discomforts, general and preterm labor warning signs, nutrition, body mechanics, exercise, and more

**Chapter 2: Labor** – preparing for childbirth, signs of pre-labor, onset of labor, stages of labor with 3D animation, skin-to-skin contact, and more

**Chapter 3: Birth Stories** – viewers see how the stages of labor unfold in real-life and watch examples of effective partner support, four complete births including a non-medicated, epidural, cesarean, and single mom

**Chapter 4: Comfort Techniques** – labor support, breathing, relaxation, massage, visualization, focal points, hydrotherapy, labor & pushing positions, back labor, long labor, advice for partners, and more

**Chapter 5: Medical Procedures** – decision making, birth plans, questions to ask caregivers, induction & augmentation, fetal monitoring, IVs, medical pain relief, second-stage interventions, and more

**Chapter 6: Cesarean** – reasons for cesareans, preparation, the surgical procedure with 3D animation, benefits and risks, reducing the risk of cesarean birth, family-centered birth tips, recovery, breastfeeding, and more

**Chapter 7: Newborn** – newborn hospital procedures with an emphasis on skin-to-skin contact, going home, choosing your baby's healthcare provider, newborn appearance, newborn's world, senses, behaviors, safety issues, and more

**Chapter 8: Postpartum** – involution, lochia, perineal care, warning signs, rooming-in, baby blues, postpartum depression, lifestyle changes, breastfeeding basics, hunger signs, feeding frequency, effective latch, getting support, and more

- Class 2**
- Review and questions
  - Preparing for breastfeeding
  - Back labor techniques
  - Labor skills practice; Birth rehearsal; Additional skills
  - Breastfeeding
  - Happiest Baby on the Block (optional—if time allows)

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