

## **First-Time Parents Childbirth Education Class Outline**

### Shared decision making

- Knowing your rights
- Talking with your care provider

### Healthy Birth Practice #1: Let Labour begin on its own

- Pregnancy
- Physiological birth
  - Pain theories
  - The role of hormones
  - Medical reasons for induction

### Healthy Birth Practice # 2: Walk, move around and change positions throughout labour

- Foetal decent through the pelvis
- Comfort measures

### Healthy Birth Practice # 3: Bring a loved one, friend or doula for continuous support

- Benefits of doulas
- Roles of birth attendants

### Healthy Birth Practice # 4: Avoid interventions that are not medically necessary

- Ins and outs of all common hospital interventions
- Explaining the cascade of interventions

### Healthy Birth Practice # 5: Avoid giving birth on your back and follow your body's urge to push

- Physiological vs directed pushing
- Positions for pushing
- Birth of the placenta

### Healthy Birth Practice # 6: Keep your baby with you; it's best for you, your baby and breastfeeding

- Newborn procedures
- Breastfeeding

### Complications of Labour & Childbirth

- Unexpected outcomes

### Postpartum

- The fourth trimester