

## Birthing Basics 4-week outline

### WEEK 1

Introductions  
Anatomy and Physiology (1st section of video 14:15)  
Understanding labor (2nd section of video 9:15)  
    Early  
    Active  
    Transition  
Warning signs & Premature labor  
Introduce breathing techniques

### WEEK 2

What to bring to the hospital  
Understanding comfort measures (4th section of video 18:45)  
    Massage, birthing balls, imagery...  
Recognizing labor  
"Debra's Birth" (3<sup>rd</sup> section of the video 15:45)  
Review of breathing

### WEEK 3

Understanding interventions & pain meds (5th section of video 21:45)  
    IV meds  
    Anesthesia  
2nd stage of labor  
    Pushing techniques  
    Progressive relaxation  
3rd stage  
Review of breathing

### WEEK 4

Cesarean birth (6th section of video 12:15)  
Postpartum stage (8th section of video 15:45)  
"Is This Your First?" (Video 18 minutes)  
Review/Evaluations