

Birthing Basics Saturday outline

AM

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

Understanding comfort measures (4th section of video 18:45)

 Massage, birthing balls, imagery...

Recognizing labor

"Debra's Birth" (3rd section of the video 15:45)

Review of breathing

Lunch Break

PM

What to bring to the hospital

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

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