

# Course Outline

## DAY ONE

### **Pregnancy**

Anatomical Changes  
Discomforts & Remedies  
Prenatal Interventions  
Hormones  
Exercise & Nutrition

### **Introduction to Labor**

Birth Expectations & Preferences  
Decision Making  
Stages of Labor  
Birth Plans

### **Understanding Pain**

Pain Science  
Relaxation  
Epidural & Medications

## DAY TWO

### **Labor (cont.)**

Interventions  
Medications  
Labor Variations  
Cesarean Sections  
PUSH PREP

### **Pain Management**

Comfort & Coping Strategies  
Birthing Positions

### **Postpartum Recovery:**

Newborn Procedures  
Basic Baby Care & Safety  
Mental & Emotional Health  
Physical Recovery

# Course Schedule

time:	DAY 1	DAY 2
9:00AM	WELCOME Overview (objectives, schedule) Housekeeping Background Goal-setting Introduction	REVIEW of DAY 1/Questions  LABOR interventions: share assignment -IV, saline lock -monitoring -induction -episiotomy, extraction
9:45-10:30AM	PREGNANCY Anatomical changes Hormones Discomforts Nutrition Exercise Prenatal interventions	LABOR Review of stages + milestones -variations/difficult labors -C-sections  Birth preference activity
10:30AM	BREAK	
10:45-12:00PM	LABOR Pre-term labor Stages of labor Physiology of contractions	PAIN MANAGEMENT Massage techniques Communication Labor positions
12:00-12:45PM	Expectations & roles Decision-making/informed consent Birth Preferences	PUSH PREP -Kegels vs. Reverse-Kegels -Pressure management
12:45PM	BREAK	
1:00PM	PAIN SCIENCE Physiology of pain Coping strategies & support: -Relaxation -Breathing -epidural -medications	POSTPARTUM PP Transition: procedures (maternal & newborn) Newborn care: sleep states, hygiene, soothing, safety  Breastfeeding
2:00PM	Interventions (intro); overview of assignment	RECOVERY Physical (musculoskeletal & pelvic health) Mental & Emotional Health
2:30PM	ADJOURN	