

**Class 1 Late pregnancy & Birth overview**

Discomforts & Coping  
Emotions of Late Pregnancy, Fear and Anxiety  
Self care + Baby Positioning  
Late Pregnancy Concerns + Recognizing Preterm Labour  
Overview of the Physiological process of Birth

**Class 2 Labour, Birth & comfort measures**

Stages and phases of labour  
Positions & Comfort measures for labour  
Pain in Labour  
Support strategies for partners  
Second Stage Comfort Measures  
Birth and Immediate Postpartum

**Class 3 Challenges and Interventions**

Getting Labour Started  
Medical Management of Pain  
Second and Third Stage Interventions  
Cesarean birth

**Class 4 Decision Making and Postpartum**

Decision making + Birth Plans  
Newborn Appearance and Procedures  
Recovery from birth  
Physical & Emotional Adjustments  
Perinatal mood disorders  
Partners, Relationships and Postpartum

**Class 5 Infant Feeding**

Benefits of Human Milk  
How our body produces Milk  
Latch- How to and Why is it important?  
Challenges + Support  
Expressing Milk + Bottle Feeding

**Class 6 Newborn Care**

Bathing, Dressing & Diapering  
Safe Sleep- Reducing the risk of SIDS