



Two Saturdays 9:00 - 16:00 OR Saturday and Sunday 9:00 - 16:00

Day 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 Physiological Birth

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

Challenges and Interventions

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

Day 2

Decision Making and Postpartum

Decision Making + Birth Plans
Newborn Appearance and Procedures
Recovery from Birth
Physical & Emotional Adjustment
Perinatal Mood Disorders
Partners, Relationships and Postpartum

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

Newborn care

Bathing, Dressing & Diapering
Safe Sleep- Reducing the Risk of SIDS
Safety around the Home
Infant Illness
How Babies Learn- Attachment and Bonding