

# Lamaze Childbirth Educator Program

## Training Overview

**The Duke AHEC Lamaze Program is an accredited Lamaze Childbirth Educator Program by Lamaze International, Inc.**

The Duke AHEC Program is committed to helping each candidate matriculate through the program and complete all necessary training components to become a Lamaze Certified Childbirth Educator (LCCE).

After completing all training components (*described below*), you will have demonstrated a standard level of knowledge and skill that will prepare you to sit for the Lamaze certification exam.

**The Duke AHEC Lamaze Program is designed primarily for:**

- 1) individuals who are new to the field of childbirth education,
- 2) individuals who have teaching experience without formal training or certification, or
- 3) certified nurse midwives or CNM students who are interested in becoming a Lamaze educator.

## Training Components:

### **For ALL candidates:**

- 1-Complete readings & activities in Lamaze Study Guide
- 2-Complete online modules and pre-seminar assignments developed by Duke AHEC Program.
- 3-Attend a 2-day teacher training seminar.

**NOTE: Hampton Roads seminar is 3 days.**

- 4-Birth observations (optional for doulas & CNMs)
- 5-Observation of a Lamaze childbirth education class

### **Additional training for NEW candidates:**

- 1-Write a class curriculum
- 2-Student teach using the approved curriculum.

## 2009 Training Dates:

**August 26-27, 2009 in Raleigh, NC**  
(Registration deadline: July 31<sup>st</sup>)

**September 24-26, 2009 Hampton Roads, VA**  
(Registration deadline: August 27, 2009:

**October 20-21, 2009 in Shelby, NC**  
(Registration deadline: September 18<sup>th</sup>)

To enroll or register for a seminar, visit <http://dukeahec.mc.duke.edu> and select Lamaze Program for application.

## Program Fees:

**New: \$645**

**Experienced/CNM: \$345**

*\*Fees include a Lamaze study guide, seminar registration, & access to online modules.*

**\*\*NC Local Health Department staff, email Tonya Daniel at [tonya.daniel@ncmail.net](mailto:tonya.daniel@ncmail.net) for fees and application.**



**For questions, contact Lamaze Program Director**

**Tara Owens Shuler, M.Ed., LCCE, FACCE**

**Phone: 919.684.2648**

**Fax: 919.681.8244**

**DUMC 2722**

**Durham, NC 27710**

**[tara.owens@duke.edu](mailto:tara.owens@duke.edu)**

# Tentative Seminar Agenda

(subject to change)

“The seminar was awesome! The material was relevant and well incorporated into the management of the class activities. Examples and teaching practice brought cohesiveness to the program.”

## What to Expect When You Enroll

- It usually takes 6-12 months to complete all training components.
- The program is primarily self-study, so candidates need to plan adequate time prior to seminar to complete assignments.
- The seminar is designed to help you transfer learning into teaching, therefore, each candidate will provide a teaching demonstration at the seminar.
- The Duke AHEC Program uses various web-based learning tools to assist with your self-study. Access to a computer at home or work is necessary.
- Each candidate has 2 years from the date of enrollment to complete training.
- All new candidates will receive a mentor to help during the curriculum writing phase.
- Lamaze certification exam is offered twice a year in April and October.

## Day One

- \*Opening & Introductions
- \*Trends & Controversies: Focusing on evidence-based maternity care
- \*Incorporating the Lamaze Philosophy and Normal Birth messages
- \*Getting Started: Defining your target population, designing your class topic list, and developing curriculum components
- \*Student Teaching Demonstrations
- \*Best Practices: Continuous Labor Support and Comfort Measures for Birth
- \*Professional Development for Childbirth Educators
- \*Best Practices: Spontaneous Pushing Positions using Upright Positions
- \*Student Teaching Demonstrations

## Day Two

- \*Opening/Review
- \*Teaching Resources and Materials Showcase
- \*Best Practices: Freedom of Movement for Birth
- \*Student Teaching Demonstrations
- \*Using Labor Stations in Class
- \*Curriculum Writing practice
- \*Overview of the Lamaze Certification Exam & Lamazeopardy game
- \*Best Practices: No Routine Interventions
- \*Student Teaching Demonstrations
- \*Transitioning to Parenthood: Non-Separation of Mother/Baby; Postpartum Care; & Understanding the Newborn
- \*Advocacy and Building Birth Networks