LAMAZE ONLINE CLASS LESSON PLANS

WHAT’S COVERED IN SAFE AND HEALTHY BIRTH: SIX SIMPLE STEPS

* Green text = covered in course *

SHARED DECISION-MAKING SKILLS

- The Rights of Childbearing Women
  - Consent and refusal
- Communication and Negotiation Skills
- Significance of Pregnancy and Birth for Women and their Families
- When and How to Connect with Your Health Care Provider

SIX HEALTHY BIRTH PRACTICES

HEALTHY BIRTH PRACTICE #1: LET LABOR BEGIN ON ITS OWN

Pregnancy

- Anatomy and Physiology: Normal Physical and Emotional Changes
- Warning Signs: When to Contact Your Healthcare Provider
- Healthy Lifestyles

Physiologic Birth Process

- Recognizing Birth as a Healthy Process
- Role of Birth Hormones
- Definitions of early-term, full-term, late-term and post-term pregnancy
- Stages and Phases of Labor
  - Physical and emotional responses of birthing person
  - Last weeks of pregnancy
  - Onset of labor
- Role and Purpose of Pain in Labor
- Variations in Labor
  - Prolonged or precipitous labor
  - Back labor
HEALTHY BIRTH PRACTICE #2: WALK, MOVE AROUND, AND CHANGE POSITIONS THROUGHOUT LABOR

- Movement and Positioning to Aid Labor Progress and Comfort
  - Fetal descent through the pelvis
- Non-pharmacologic Comfort and Relaxation
  - Comfort measures
  - Creating a positive birth environment
  - Strategies for building and maintaining confidence
- Safe and Healthy Breathing Strategies

HEALTHY BIRTH PRACTICE #3: BRING A LOVED ONE, FRIEND, OR DOULA FOR CONTINUOUS SUPPORT

- Labor Support Team
  - Defining roles
  - Communication

HEALTHY BIRTH PRACTICE #4: AVOID INTERVENTIONS THAT ARE NOT MEDICALLY NECESSARY

- How Medical Interventions Influence the Normal Course of Labor, Birth, Breastfeeding and Early Postpartum
  - IV fluids, saline lock, food restrictions
  - Electronic fetal monitoring
  - Induction & augmentation
  - Artificial rupture of membranes
  - Pharmacologic pain management options
  - Episiotomy
  - Instrumental delivery
- Cesarean Surgery
  - Indications and risks
HEALTHY BIRTH PRACTICE #5: AVOID GIVING BIRTH ON YOUR BACK AND FOLLOW YOUR BODY’S URGES TO PUSH

- Physiologic/Hormonal Response in the Second Stage
- Positions for Pushing
- Directed vs. Spontaneous Pushing/Breathing
- Support Team’s Role
- Stage III: Placental Release

HEALTHY BIRTH PRACTICE #6: YOUR BABY WITH YOU - IT’S BEST FOR YOU, YOUR BABY AND BREASTFEEDING

Healthy Transition
- No Separation of Mother and Baby
  - Physiologic (delayed) cord clamping
  - Importance of skin-to-skin contact
- Common Newborn Procedures
- Importance of Breastfeeding
  - Feeding and satiety cues
  - Risks of not breastfeeding
  - When to ask for help: resources for lactation support
- Normal Newborn Appearance and Behaviors
  - Activity
  - Sleep states
  - Soothing

Postpartum
- Normal Physical and Emotional Changes
- Healthy Lifestyles
- Post-Birth Warning Signs
- Perinatal Mood and Anxiety Disorders
- When to Connect with your Healthcare Provider
- Community and Family Resources
WHAT’S COVERED IN THE BESTSELLERS BUNDLE AND BRINGING HOME BABY

• Green text = covered in Six Simple Steps course
• Orange text = covered in Breastfeeding Basics course
• Blue text = covered in Labor Pain Management course
• Purple text = covered in Bringing Home Baby course

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