I. COMPETENCY ONE

A. Lamaze Philosophy of Birth
B. Meaning of Pregnancy and Birth
   1) Memories
   2) Impact on a Woman’s Life
   3) Childbirth Satisfaction
   4) Cultural Influences
C. Historical Perspectives of Birth
D. Pregnancy
   1) Anatomy and Physiology
   2) Role of Hormones Affecting Pregnancy (Oxytocin, Endorphins, Catecholamines, Prolactin)
   3) Fetal Development
   4) Maternal Physical Changes
   5) Maternal Emotional Changes
   6) Social/Life Changes
E. Process of Birth
   1) Anatomy and Physiology
   2) Role of Hormones Influencing Maternal and Fetal Readiness for Birth
   3) Onset of Labor
   4) Role of Pain
   5) Stages and Phases
   6) Physical and Emotional Responses
   7) Psychosocial Influences
F. Breastfeeding
   1) Anatomy and Physiology
   2) Hazards of Not Breastfeeding
   3) Factors that Influence Infant Feeding Decisions
G. Postpartum
   1) Anatomy and Physiology
   2) Emotional Changes
   3) Role of Hormones after Birth
   4) Socio-cultural Influences/Role Changes

II. COMPETENCY TWO

A. Pregnancy and Day-to-Day Living
   1) Nutrition
   2) Exercise
   3) Stress Management
   4) Safety and Hazards
   a) Potentially Dangerous Substances
   b) Environmental Hazards
   c) Domestic Violence
   d) Resource Inequities
   5) Family/Work
   6) Comfort Measures
B. Theories of Pain and Pain Management
C. Progress and Comfort in Labor and Birth
   1) Confidence
   2) Environment
   3) (If Not a Home Birth) Staying Home until Active Labor
   4) Labor Support
   5) Movement and Positioning
   6) Food and Fluids
   7) Relaxation
   8) Touch, Acupressure, Massage
   9) Focused Attention
   10) Conscious breathing
   11) Vocalization, Chanting, and Prayer
   12) Imagery
   13) Heat and Cold
   14) Music
   15) Aromatherapy
   16) Hydrotherapy
   17) TENS
   18) Sterile Water Injections
   19) Physiological Pushing
      a) Upright Positions
      b) Waiting to Push until the Urge-to-Push is Felt (“Laboring-Down”)
      c) Spontaneous Pushing
   20) Waterbirth
   21) Skin-to-Skin Contact
D. Challenging Labors
   1) TOLAC/VBAC
   2) Back Pain
   3) Prolonged/Precipitous
   4) Induced
E. Breastfeeding
   1) Allowing Baby to Self-Latch
   2) Keeping Mothers and Babies Together
   3) Support
   4) Latch and Positioning
   5) Building a Milk Supply
   6) Early Problems and Solutions
   7) Guidelines for Referrals
   8) Day-to-Day Living Issues
   9) Cultural Influences
F. Postpartum
   1) Family and Social Support
   2) Comfort
   3) Rest
   4) Nutrition
   5) Exercise
   6) Sexuality and Fertility

III. COMPETENCY THREE

A. Pregnancy Complications
   1) Multiple Gestation
   2) History of Infertility/Assisted Reproduction
   3) Preexisting health conditions such as diabetes, cardiovascular disease, sickle cell disease, HIV
   4) History of depression or other mental health issues/Perinatal Mood Disorders
   5) Previous Pregnancy/Birth Loss
   6) History of Abuse
   7) Previous Traumatic Birth
   8) Obesity
   9) Hyperemesis
   10) Gestational Diabetes
   11) Hypertensive Disorders
   12) Infections
   13) Placenta Previa
   14) Amniotic Fluid Problems
   15) Preterm Labor
   16) Post-Term Labor
   17) Diagnosis of Suspected Fetal Abnormalities/Fetal Death
B. Pregnancy Interventions
   1) Prenatal Testing
   2) Day-to-day Living Restrictions
C. Labor and Birth Complications
   1) Premature Rupture of Membranes
   2) Dystocia
   3) Malpresentations/CPD
   4) Prolapsed Cord
   5) Fetal Distress
   6) Placental Complications
   7) Unexpected Outcomes
      a) Fetal Abnormalities
      b) Stillbirth
      c) Traumatic Birth
D. Labor and Birth Interventions
   1) Repeat Cesarean Surgery
   2) Induction
   3) Continuous Electronic Fetal Heart Rate Monitoring
III. COMPETENCY THREE (CONTINUED)

A. Newborn Characteristics and Capabilities
1) Physical
2) Feeding Cues
3) Activity/Sleep States
4) Temperament
B. Newborn Needs
1) Physical
2) Developmental
3) Emotional
4) Safety
C. Process of Attachment
D. Family and Cultural Influences
E. Lamaze Philosophy of Parenting

IV. COMPETENCY FOUR

Provide information and support that encourages attachment between babies and their families. (6%) 9 questions

A. Newborn Characteristics and Capabilities
1) Physical
2) Feeding Cues
3) Activity/Sleep States
4) Temperament
B. Newborn Needs
1) Physical
2) Developmental
3) Emotional
4) Safety
C. Process of Attachment
D. Family and Cultural Influences
E. Lamaze Philosophy of Parenting

V. COMPETENCY FIVE

Assist women and their families to make informed, shared decisions for childbearing. (4%) 6 questions

A. Process of Informed, Shared Decision-Making
B. Impact of Choosing a Health Care Provider and Place of Birth
C. Creating Personal Plans for Birth
D. Communication and Negotiating Skills
E. Strategies for Facilitating Normal Birth Within the Context of Limited Options
F. Mother-Friendly and Baby-Friendly Guidelines

VI. COMPETENCY SIX

Act as an advocate to promote normal, natural, healthy, and fulfilling childbirth experiences for women and their families. (8%) 12 questions

A. Changing the Culture of Birth to Support the Lamaze Philosophy
B. Advocacy in the Classroom
C. Advocacy in the Community
D. Collaboration with other Organizations
E. Risks of Advocacy
F. Influences of Vested Interests
G. Concepts of Power, Influence, and Control
H. Disparities and Inequities in Care and Maternal and Fetal Outcomes

VII. COMPETENCY SEVEN

Design, teach, and evaluate a course in Lamaze preparation that increases women’s confidence and ability to give birth. (16%) 24 questions

A. History of Lamaze Childbirth Education
B. Evidence-Based Practice in Childbirth Education
C. Strategies to Build Confidence
D. Incorporating Guidelines of Professional Organizations (i.e., WHO)
E. Ways Individuals Learn
F. Learning Environments
G. Teacher Communication Skills
H. Group Process
I. Curriculum Development
1) Needs Assessment
2) Goals and Objectives
3) Developing and Sequencing Content
4) Teaching Strategies
5) Evaluation
J. Cultural Competence
K. Adaptations for Different Abilities: Physical/Intellectual/Social
L. Teaching Aids
M. Legal and Ethical Issues Related to Professional Practice
N. Establishing and Marketing a Childbirth Education Practice
O. Lamaze Standards for Childbirth Education
P. Competencies for Lamaze Certified Childbirth Educators
Q. Using Social Media in Your Practice