



PRE-NATAL CLASS TOPIC LIST

- Labour: Anatomy/Physiology
- Presentations & mechanisms of birth
- Process of 1st stage
- Early signs of labour
- Variations of labour
- Positions for 1st stage
- Pain in labour
- Birth plans
- The labouring woman's behaviour (what is "normal"?)
- Comfort techniques
- 2nd stage (process, positions, exhale pushing)
- Interventions:
 - risk/benefit
 - the cascade effect
 - episiotomy
- Relaxation/Visualisation
- Medications
- 3rd & 4th stage
- Newborn characteristics
- Jaundice
- Circumcision
- Cesarean birth
- Breastfeeding
 - why 'mother-fed' infants are healthier
 - anatomy & physiology
 - 'how-to' (positioning, latch)
 - problem-solving
 - community resources
- Post-partum period & parenting