

# Lamaze series Course content

## CONTENT OF CHILDBIRTH CLASS



### Shared Decision-Making Skills



### Six Healthy Birth Practices!

1

#### **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

3

#### **Healthy Birth Practice #3:** Bring a Loved One, Friend, or Doula for Continuous Support

- Labor Support Team
- Defining roles
- Communication

2

#### **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

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#### **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

5

**Healthy Birth Practice #5:** Avoid Giving Birth on Your Back and follow Your Body's Urges

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

6

**Healthy Birth Practice #6:** Keep Your Baby With You- It's Best For You, Your Baby and Breastfeeding

- Healthy Transition
- NoSeparation 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

## Registration and Schedule

LAMAZE Labor  
Management-  
Group session

Breastfeeding-  
Group Session

Postpartum  
and Newborn  
Care- Group  
Session

LAMAZE  
Series- Group  
Session

One on One  
Personal Childbirth  
Education Sessions

Learn more about Arthi Lamaze by visiting [www.ArthiLamaze.in](http://www.ArthiLamaze.in)

