

	Day 1	Day 2	Day 3
8:00	"Let's Get It Started"... setting the stage for childbirth programs	Let the fun begin: Quick group teachback!	Creating your course design: Purpose/process/payoff
	Ready to stomp out boring (and ineffective) CB education ?	Opening: it's what birth is about	Peer teaching
10:00 break			
	Roadmap: where birth has been and where you are headed	Stop counting to 10. The Big Push (Upright and spontaneous pushing)	Peer teaching
	The important mantra: Increase confidence and decrease fear	Being in touch: babies (no separation)	Peer teaching
12:00 lunch			Working lunch: making money!
1:00	The incredible pregnant body: getting ready to birth (labor starts on its own)	Postpartum: the reality sets in	The Taters: juggling group dynamics
	The great motivator: PAIN / NO PAIN	The tough stuff: the unexpected	Lights, camera, action – visual aids extraordinaire'
3:00 break			
	"Stand By Me": the important role of labor support (continuous support)	Embracing Research (no routine interventions)	Closing and celebrating!
	3 Rs: rhythm, ritual, relaxation (movement)	Putting the Pieces together – creating your topic list	Travel home!
5:00 closing			