

Passion for Birth

Healthy Birth practice/Category	Topic: * = a core Lamaze topic + = an addition recommended by PfB	Do you know the key points for these topics? (If yes, jot down the key points pregnant women should know about this topic. If no, look these subjects up and jot notes from the seminar!)
Pregnancy	* Anatomy/physiology and normal physiological changes of pregnancy	
	* Emotional changes and sexuality (depression/abuse)	
	*+ Healthy lifestyles including guidelines for exercise (Yoga, pelvic rock/ tilts)	
	+ Nutrition: folic, calcium, iron, fiber, protein	
	* Comfort measures: massage, sleep, stress	

	+ Nutrition: folic, Calcium, Iron, Fiber, Protein	
	+ Belly mapping	
Confidence	* Lamaze's Approach to Birth	
	+ Confidence in your body, support, place of birth, care providers	
	+ Addressing fears	
Pain	* role of pain	
	+ Receptors * gate control/ coping	

	* F-T-P	
Informed Decision Making	+ BRAIN – * communication /negotiation. Informed consent/refusal	
	+ Guilt	
	* Rights of the childbearing woman	
	* Creating a Birth plan (priorities and preferences)	
	* Unexpected outcomes (grieving process/traumatic birth)	

	+ Birth Networks/ Transparency projects/ The Birth Survey	
	* CIMS 10 questions to ask	
Let labor begin on its own	* "Simple story of birth * Anatomy /physical and emotional responses + Six ways to progress in labor	
	* +Hormonal orchestration: oxytocin / adrenaline- catecholamine / endorphins / prolactin/progesterones/relaxin	
	* Induction (indications, procedures and risks) + Bishop score	

	* Preterm signs	
Bring a loved one, friend or doula for continuous support.	* Role of partner, family friends, doula, nurse, midwife, physician and others	
	* Birth memories and satisfaction	
	* Positive Environment (privacy, music, lights)	
	* Emotional support - encouragement/verbal support	
	+ Packing a labor bag	
	+ Affirmations	

	* + Touch/massage/pressure (massage tools)	
	* Hydrotherapy (showers, bath, waterbirth)	
	* Aromatherapy	
	+ Homeopathy	
	* Heat/cold	
	* Active relaxation	
	* Attention focusing / imagery /	

	visualization	
	* Breathing	
	* 3 R's (rhythm, ritual, relaxation	
	* Stimulating Senses	
	* Prolonged labor/back pain: + Sterile water papules, + TENS , Dbl hip squeeze (+), knee press (+), counter pressure (+)	
	* Support in postpartum	
Walk, move around and change positions	+ Positions: side lying, backwards on chair, rocking chair,	

throughout labor	Asymmetrical pelvis, the rope (all +), slow dance	
	* Birth Ball	
	* Rebozo	
Avoid giving birth on your back and follow your body's urges to push.	* Benefits and support	
	+ Positions: dangle, squat, hands and knees, side-lying	
	* + Spontaneous (vs. directed) and laboring down	
Avoid interventions that	* Restriction on number of support	

are not medically necessary.	persons	
	* Cascade of Interventions	
	* Augmentation	
	* Restriction on liquids/food	
	* IV infusion & prophylactic cannula	
	* restrictions of positions and/or movement	
	* Continuous electronic fetal monitoring	

	+ Frequent vaginal exams	
	* Amniotomy	
	* Episiotomy	
	* Pain medications (narcotics, epidural, nitrous oxide, sterile water papules)	
	* Circumcision	
	* Instrumental delivery (forceps/vacuum)	
	+ Immediate application of eye ointment, vit K shot, weighing and	

	foot printing	
	* Cesarean (elective, primary, repeat)	
	* Repeat cesarean vs. TOLAC and VBAC	
	+ Active management of 3 rd stage: early cord clamping/pitocin	
Keep mother and baby together- it's best for mother, baby, and breastfeeding.	* Physiological third stage (anatomy/emotions)	
	* Skin to skin	

	+ Uninterrupted hour	
	* Breastfeeding basics (benefits, anatomy)	
	+ Baby led latch	
	+ Positions – laid back, clutch, cross cradle, side lying	
	+ Hand expression	
	* Feeding cues	
	* Newborn appearance and abilities	

	+ Infant massage	
	+ Baby sign	
	* Postpartum emotions (exhaustion, blues, depression and beyond)	
	+ support systems & postpartum reality	
	+ Baby wearing	
	+ Baby friendly	

* on Lamaze required list of topics + added by PFB to list of topics