

Serenity Birth Studio

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Lamaze Childbirth Series Curriculum

Class One	Class Two
<p>Pregnancy Changes & Massage</p> <ul style="list-style-type: none">~ 3rd trimester physical & emotional changes~ common discomforts & solutions~ exercise during pregnancy~ massage techniques for pregnancy~ video~ end with a relaxation period	<p>Labour & Birth</p> <ul style="list-style-type: none">~ definition of labour~ how labour starts~ true vs false labour~ stages of labour~ how to time contractions~ when to call your caregiver or go to the hospital~ what you should bring~ video~ end with a relaxation period

Class Three	Class Four
<p>Comfort Measures</p> <ul style="list-style-type: none">~ breathing exercises during all phases of labour~ focusing, imagery, relaxation, massage~ role of the labour support person~ videos~ end with a relaxation period	<p>Medical Interventions</p> <ul style="list-style-type: none">~ pain medications; pros & cons~ what is an episiotomy?~ forceps & vacuum~ induction of labour~ c-section~ creating a birth plan~ video

Class Five	Class Six
<p>Breastfeeding</p> <ul style="list-style-type: none">~ positioning for a proper latch (bring a doll)~ establishing breastfeeding~ "How to know my baby is getting enough milk?"~ common problems & how to deal with them~ breastpumps & pumping~ video (Dr Jack Newman)	<p>Baby Care & Transition into Parenting</p> <ul style="list-style-type: none">~ basic baby care~ video on newborn characteristics~ how to settle your baby~ learn to swaddle~ video "Happiest Baby on the Block"~ what to expect in the first few weeks~ brief intro to cloth diapering