

# Lamaze series Course content

## CONTENT OF CHILDBIRTH CLASS



### Shared Decision-Making Skills

The Rights of  
Childbearing  
Women

Consent and  
refusal

Communication  
and Negotiation  
Skills

Significance  
of Pregnancy  
and Birth for  
Women and their  
Families

When and How to  
Connect with Your  
Healthcare  
Provider

### 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

4

#### **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



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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.com](http://www.arthilamaze.com)

