

2013 – 2014 Lamaze Series Evaluation Summaries

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Forty-four families took the 8-week Lamaze series in fiscal year 2013-2014. Five Lamaze series ran in 2013-2014.

Pre-series learning assessment:

What do you think about most: Childbirth, breastfeeding postpartum adjustment or newborn parenting?

Childbirth	29%
Breastfeeding	27%
Newborn Parenting	27%
Postpartum Adjustment	17%

Indicate the two Lamaze Healthy Care Practices that interest you most:

Avoid interventions that are not medically necessary	38%
Walk, move around and change positions throughout labor	28%
Let labor begin on its own	13%
Keep mother and baby together - It's best for mother, baby and breastfeeding.	11%
Bring a loved one, friend or doula for continuous support	6%
Avoid giving birth on your back and follow your body's urges to push	4%

Parents were asked to rate their before and after class knowledge for the major topics of each class. These evaluations occurred immediately after each class. Ratings were from 0 to 10. (0 = Not at all. 10 = Yes, definitely!)

	Pregnant Parent			Partner		
	Before Class	After Class	% Change	Before Class	After Class	% Change
Class 1: Let Labor Start on Its Own						
I know what physical developments need to happen in late pregnancy for the healthiest baby and most efficient labor.	4.3	8.4	95%	2.8	7.8	178%
I know what hormones are important for efficient, normal childbirth.	3.3	8.9	170%	2.4	8.6	260%
I know how to condition my (or what my partner can do) body for childbirth and a healthy postpartum recovery.	6.4	8.7	36%	3.6	8.4	133%
I know how to use breath work to release physical and mental tension.	5.9	8.7	47%	5.0	8.6	72%
Class 2: Walk, Move Around and Change Positions Throughout Labor						
I know how to tell labor is coming and can list the signs and symptoms of impending labor.	4.8	8.5	78%	2.9	7.8	170%
I know how to cope (or help my pregnant partner cope) and what to expect in the first part of labor	4.1	8.3	102%	3.1	8.1	161%
I know what causes labor pain and have a good idea about when pain medications might be helpful.	4.5	7.3	62%	2.9	7.1	145%
I know when we should leave for the birth place or have our midwife arrive.	4.2	6.3	50%	2.6	6.2	138%
Class #3: Avoid Giving Birth on Your Back and Follow Your Body's Urges to Push						
I know how to cope (or help my pregnant partner cope) and what to expect in the pushing part of childbirth.	4.3	8.0	86%	3.1	7.9	154%
I know how the placenta comes out and the healthiest place for baby to be right after birth.	4.8	9.5	98%	2.6	8.7	235%
I can talk to my care provider about my decisions by talking about my needs, values and beliefs.	4.5	8.3	84%	4.9	8.7	87%
Class 4: Bring a Loved One, Friend or Doula for Continuous Support						
I know what positions can help labor progress efficiently and what kinds of comfort tools can help with labor pain.	4.4	8.6	95%	2.7	8.8	226%
I know how pain medications work and when they can be useful during childbirth.	4.8	8.7	81%	2.7	8.7	185%
I know why continuous labor support can help with efficient labor progress and keep labor normal	6.8	8.8	29%	4.3	8.2	91%
I know what to include on a birth plan.	5.1	8.1	59%	3.8	8.1	113%
Class 5: Avoid Interventions That Are Not Medically Necessary						
I know when medical interventions are clearly helpful and when they are not.	4.8	8.3	73%	3.9	8.2	110%
I can list at least three questions I need to ask to find out if a medical intervention is clearly helpful.	4.3	8.4	95%	3.5	8.6	146%
I know how to facilitate labor progress if I have (or my partner has) an epidural.	2.3	9.0	291%	2.4	8.1	238%
I know what to expect from a cesarean section birth and why it can sometimes be the healthiest birth option.	4.9	8.2	67%	3.4	8.4	147%
Class 7: Postpartum Adjustment and Success						
I understand a woman's typical physical and mental realities the first weeks at home postpartum.	5.3	8.4	58%	3.3	7.9	139%
I know the warning signs of postpartum physical and mental problems and know what to do about them.	5.3	8.5	60%	3.3	7.9	139%
I have strategies for communicating with my partner and my close support people about what I need.	6.2	8.3	34%	4.4	7.3	66%
I know what my newborn will look like and act like the first weeks at home.	5.2	8.8	69%	3.5	8.6	146%
Class 8: Newborn Parenting						
I know how to read my baby's cues, interpret what s/he is trying to communicate and calm crying.	4.8	8.9	85%	3.5	8.8	151%
I know how to respond to baby's physical/emotional needs	5.1	8.8	73%	3.9	8.9	128%
I know about community resources for parenting advice, help with breastfeeding challenges and emotional support.	4.6	8.4	83%	3.7	9.0	143%

Green = topics with the greatest change in knowledge before and after class

End of series questions

These questions are from the end-of-series evaluation used by every Great Starts class series.

	Pregnant Parent	Partner
Overall satisfaction with this class <i>On a scale of 1-10. 1=not satisfied, 10= very satisfied</i>	9.2	9.4

	Pregnant Parent	Partner
Overall satisfaction with newborn parenting class <i>On a scale of 1-10. 1=not satisfied, 10= very satisfied</i>	9.3	9.4

The instructor was: (on a scale of 1-5)	Pregnant Parent	Partner
Interesting and informative	4.9	4.9
Easy to understand	5.0	4.9
Accurate/up-to-date/un-biased	4.7	4.8
Reassuring and confidence building	4.8	4.9

End of Series Questions

I feel confident about my ability to give birth/my ability to support my partner during labor and birth


I know about my options for birth and feel empowered to make informed choices.


Pregnant Parent			Partner		
Before Class	After Class	% Change	Before Class	After Class	% Change
5.3	8.4	58%	3.9	8.5	118%
5.1	9.1	78%	3.8	9.0	137%

Class topics ranked by greatest knowledge change by pregnant parent.

Green: 7 topics where knowledge change was greatest

Red: 7 topics where knowledge change was lowest.

Question	Pregnant Parent				Partner			
	Greatest Knowledge Change	Before Class	After Class	% Change	Greatest Knowledge Change	Before Class	After Class	% Change
I know how to facilitate labor progress if I have (or my partner has) an epidural.	1	2.3	9	291%	2	2.4	8.1	238%
I know what hormones are important for efficient, normal childbirth.	2	3.3	8.9	170%	1	2.4	8.6	260%
I know how to cope (or help my pregnant partner cope) and what to expect in the first part of labor	3	4.1	8.3	102%	8	3.1	8.1	161%
I know how the placenta comes out and the healthiest place for baby to be right after birth.	4	4.8	9.5	98%	3	2.6	8.7	235%
I know what physical developments need to happen in late pregnancy for the healthiest baby and most efficient labor.	5	4.3	8.4	95%	6	2.8	7.8	178%
I know what positions can help labor progress efficiently and what kinds of comfort tools can help with labor pain.	6	4.4	8.6	95%	4	2.7	8.8	226%
I can list at least three questions I need to ask to find out if a medical intervention is clearly helpful.	7	4.3	8.4	95%	12	3.5	8.6	146%
I know how to cope (or help my pregnant partner cope) and what to expect in the pushing part of childbirth.	8	4.3	8	86%	9	3.1	7.9	154%
I know how to read my baby's cues, interpret what s/he is trying to communicate and calm crying.	9	4.8	8.9	85%	10	3.5	8.8	151%
I can talk to my care provider about my decisions by talking about my needs, values and beliefs.	10	4.5	8.3	84%	24	4.9	8.7	87%
I know about community resources for parenting advice, help with breastfeeding challenges and emotional support.	11	4.6	8.4	83%	15	3.7	9	143%
I know how pain medications work and when they can be useful during childbirth.	12	4.8	8.7	81%	5	2.7	8.7	185%
I know how to tell labor is coming and can list the signs and symptoms of impending labor.	13	4.8	8.5	78%	7	2.9	7.8	170%
I know when medical interventions are clearly helpful and when they are not.	14	4.8	8.3	73%	22	3.9	8.2	110%
I know how to respond to baby's physical/emotional needs	15	5.1	8.8	73%	20	3.9	8.9	128%
I know what my newborn will look like and act like the first weeks at home.	16	5.2	8.8	69%	13	3.5	8.6	146%
I know what to expect from a cesarean section birth and why it can sometimes be the healthiest birth option.	17	4.9	8.2	67%	11	3.4	8.4	147%
I know what causes labor pain and have a good idea about when pain medications might be helpful.	18	4.5	7.3	62%	14	2.9	7.1	145%
I know the warning signs of postpartum physical and mental problems and know what to do about them.	19	5.3	8.5	60%	16	3.3	7.9	139%
I know what to include on a birth plan.	20	5.1	8.1	59%	21	3.8	8.1	113%
I understand a woman's typical physical and mental realities the first weeks at home postpartum.	21	5.3	8.4	58%	17	3.3	7.9	139%
I know when we should leave for the birth place or have our midwife arrive.	22 	4.2	6.3	50%	18	2.6	6.2	138%
I know how to use breath work to release physical and mental tension.	23	5.9	8.7	47%	25	5	8.6	72%
I know how to condition my (or what my partner can do) body for childbirth and a healthy postpartum recovery.	24	6.4	8.7	36%	19	3.6	8.4	133%
I have strategies for communicating with my partner and my close support people about what I need.	25	6.2	8.3	34%	26	4.4	7.3	66%
I know why continuous labor support can help with efficient labor progress and keep labor normal	26	6.8	8.8	29%	23	4.3	8.2	91%

Knowledge change was highest when before-class knowledge was low. Knowledge change was lowest when before-class knowledge was relatively high. Exception: Knowing when to arrive for the birth place. 

Post-Birth Survey Questions.

These questions are sent to parents via Survey Monkey 3-6 months after their babies are born. Parents are asked to reflect on how taking a Lamaze series influenced their behavior during late pregnancy, childbirth and the early weeks of parenthood. The post-birth survey has about a 46% response rate.

Question #1: After taking the Lamaze series did you find you were more likely or less like to:

Behavior	More likely	Less likely	I would have done/felt the same, regardless
Ask your medical care provider questions about their recommendations?	100%	0%	0%
Understand your baby's cues?	100%	0%	0%
Seek a range of treatment options from your medical care providers?	94%	0%	6%
Express your values and beliefs to your medical care providers?	94%	0%	6%
Feel satisfied with your birth outcome?	94%	0%	6%
Seek postpartum support from professions (lactation consultants, postpartum doulas, etc.)?	94%	0%	6%
Use labor pain coping skills?	89%	0%	11%
Walk, move and use different positions?	89%	0%	11%
Use your partner, a doula or someone special for continuous support?	84%	0%	17%
Feel satisfied with your birth experience?	83%	5%	2%
Keep your baby skin-to-skin after birth?	78%	0%	22%
Use comfort and soothing techniques with your newborn	78%	0%	22%
Understand your baby's emotional needs?	67%	0%	33%
Make social and emotional connections with other parents	67%	0%	33%
Seek postpartum support from family and friends and your community	61%	0%	69%
Join a new parent group?	56%	6%	38%
Breastfeed your baby	39%	0%	61%

Question #2: My labor started:

Scheduled cesarean birth	1%
With a medical Induction	32%
Spontaneously, with no medicine.	67%

Question #3: My baby arrived

By cesarean birth	38%
Vaginally, with the assistance of vacuum, forceps or episiotomy	6%
Vaginally, with none of the above medical assistance	56%

Question #4: When you think back to what you learned in class, what seems more important now than it did at the time?

That sometimes interventions are necessary and we are lucky to have the option to have them. Everything having to do with understanding and caring for baby. In retrospect, I wish I had spent weeks and weeks focused on those topics and less time on the birth process. The birth last a few days, baby needs care for months.

Breastfeeding concerns, such as, is my baby getting enough. how do i know.

Every labor is so different so it is very important to be educated and empowered with variety of tools because you just don't know how it'll actually go.

All the breastfeeding information

All the post birth advice of soothing a child. To have the skin to skin connection. The tips for breastfeeding. I am successfully still breastfeeding, my child is 7 months, and I was able for the first 6 months to exclusively breastfeed. It wasn't as easy I thought it would be but worth it.

After birth instructions! And breastfeeding help! I took notes the night we has a lactation consultant come to class and I was always re reading them. Was able to successfully breastfeed because of it.

The recommendation to reach out to others and form a network of support for both me and my daughter!

Skills to cope with the pain of labor/contractions.

Understanding post-partum feelings of how the labor and delivery happened; not knowing how my labor would happen I wasn't prepared for my emotions surrounding the outcome. Also, I didn't believe breastfeeding would be so difficult and it is.

Breastfeeding class

Using the different comfort techniques & positions during labor - wish I could have remembered more of these. Also the video on baby cues (very helpful).

I wish I would have practiced the pain coping techniques a bit more. When I hit max pain, I felt overwhelmed and asked for medical assistance in the form of an epidural. I do, however, feel my labor was a good experience and have an overall positive feeling about it.

Question #5: How did taking an 8-week Lamaze class positively prepare you or negatively hinder you for childbirth and/or newborn parenting?

It made the birth seem less scary and intimidating by removing the mystery. It helped me recognize that some of the things my new born was doing were normal and others needed attention

It put my husband and I on the same page with the same understanding as to what we could expect. It was very valuable and provided new and helpful information, even though I have years of nanny experience and a child education background!! :)

It helped me know what questions to ask my medical provider. The instructor also provided wonderful one-on-one assistance. I had a scheduled cesarean, though, so I was unable to use many of the techniques. Maybe next time. The course was lite on newborn care and breastfeeding.

Helped give me coping skills for laboring without pain medications

I felt confident about what to expect and more knowledgeable about all the things that can happen during labor. I think it's important to have a birth plan but to also go with the flow. It was an amazing experience but I was very lucky not to have any complications.

Thankful for learning pain coping techniques alongside my husband (who also served as labor partner). Was able to have baby without any medical intervention because we understood the stages of labor from Lamaze and because of pain coping techniques (slow low back massage, bath, walking, eating, drinking water, etc)

Totally positive! Kim really emphasized that we needed to trust our bodies and learn to listen and go with the flow both in labor and with our newborns.

I was more informed during birth process

Positively prepared us for the plethora of possible experiences during labor and delivery.

I loved that the course focused on our natural abilities to give birth and provide for our children. Despite not being able to have a natural vaginal birth, I still would highly recommend taking the Lamaze series and am very glad we did. We felt empowered to ask questions and take time to feel like we were making decisions with our medical providers given the tools and information from this course.

I liked learning about the body's hormones throughout labor. Overall it was positive.

It prepared me greatly for the birth and early days with baby - lots of useful info!! Also I came out believing that I COULD have a natural childbirth (and did). Kim was awesome!! I'm going to recommend her class to everyone I know who is pregnant & wanting a natural childbirth.

Positively: I was scared of labor before, but afterward I felt so much more capable of doing it. And indeed, I delayed going to the hospital until I was 7 cm, and then I labored without interventions 8-9 more hours until my mind and body just started to give out after days of labor. I know I couldn't have gone that long otherwise, especially not without becoming really scared. Negatively: I really came away from it thinking infant cues were a lot easier to figure out than they were (at least for my kid!). I was glad to learn that they DID have cues, I think I just kind of expected my kid to be doing all those things we saw in the videos. Turns out babies really are individuals, and your kiddo can have some really unique ones, and you just have to get to know them. I think I wish I'd heard more about how much they really are, even at birth, very much individuals.

I felt so much more mentally prepared, and I think that made me feel calmer than I would have. Thanks, Kim!