

Instructor:

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8-Week Lamaze Class Topics Outline, and Suggested Reading to Enhance Your Learning

Course Outline	Homework to prepare for this class.
<p><u>Class 1 – Let Labor Begin on Its Own</u></p> <p>Topics: Making Healthy Choices, Prenatal Exercise, Warning Signs, Hormones & Events of Late Pregnancy, Signs of the Onset of Labor, Coping Skill Practice - Relaxation Skills for Early Labor.</p>	<p>Read: PCN, pgs: 8-10, 24-26, 28-31. 42-45, 64, 68-72, 164-165,</p> <p>Practice conditioning exercises: pgs 94-102</p> <p>Body awareness and relaxation: pgs 215-217</p> <p>Watch:</p>
<p><u>Class 2 – Walk, Move Around and Change Positions Throughout Labor</u></p> <p>Topics: Stages of Labor Video, First Stage of Labor: Emotions, Activities, Hormones & Mechanics. Understanding Labor Pain: Purpose & Coping. Coping Skill Practice – positions, movement, massage.</p>	<p>Read PCN pgs 166-175, 220-223, 228-232, 238-242,</p> <p>Practice these breathing techniques: 223-228</p> <p>Practice massage techniques: 213-214</p>
<p><u>Class 3 - Avoid Giving Birth on Your Back and Follow Your Body’s Urges to Push</u></p> <p>Topics: Second Stage: Hormones, Mechanics, Emotions and Activities, Placentas, Communication Strategies, Making Informed Decisions, Cesarean Birth. Coping Skill Practice – Positioning and Breathing for Second Stage.</p>	<p>Read PCN pgs 8-10, 248-269, Chapter 14,</p> <p>Practice breathing and relaxation techniques from the suggestions on pgs. 232-236</p>
<p><u>Class 4 – Bring a Loved One, Friend or Doula for Continuous Support.</u></p> <p>Topics: Components of continuous support. Doulas. Birth Plans. Birth Video. Pain Medications: Narcotics & Epidurals. Using Pain Medications Effectively Through Timing and Positioning. Coping Skill Practice – Strategies for back pain in labor and using support people effectively.</p>	<p>Read PCN pgs 23-27, Chapter 8, Chapter 10</p> <p>Practice relaxation skills and breathing in positions that promote labor progress or decrease back pain pgs. 228-231</p>
<p><u>Class 5 – Avoid Interventions That Are Not Medically Necessary</u></p> <p>Topics: Precipitous and Preterm Labor, Understanding Obstetrical Risk, Informed Consent, Medical Interventions. Skill Practice: Labor rehearsal using a variety of labor scenarios.</p>	<p>Read PCN Chapter 13</p>

<p><u>Class 6- Normal, Healthy, Safe Postpartum</u></p> <p>Topics: Newborn baby’s appearance, abilities, and needs. New mother’s physical recovery. New family’s emotions, changing relationships, and adaptation to life with baby.</p>	<p>Read PCN Chapter 15 & 16</p>
<p><u>Class7 – Breastfeeding</u></p> <p>Topics: Breastfeeding – How your body makes breastmilk, How to Breastfeed – Position and Latch; Preventing and Treating Challenges; Pumping and Storing.</p>	<p>Read PCN Chapter 18</p>
<p><u>Class 8 – Newborn Care</u></p> <p>Infant needs Karp’s Five Ss + Swaddling practice Daily Care and Feeding Infant sleep and crying Resources</p>	<p>Read PCN Chapter 17</p>

Community Resources for Pregnancy, Labor, and Birth

- Doula for Labor: Pacific Association for Labor Support: (206)325-1419 or www.palsdoulas.org
- Midwife referrals: CNMs: www.midwife.org & CPMs and LMs: www.washingtonmidwives.org
- OBGYN referrals: www.acog.org. Click on “find a physician”. Most hospitals have referral lists.
- Information on nutrition, prenatal care, and healthy pregnancy: www.marchofdimes.org
- Information about pregnancy, labor, birth, breastfeeding: www.womenshealth.gov/pregnancy/
- For help in quitting smoking: Washington Tobacco Quit Line. 1-877-270-STOP www.quitline.com
- 24-hour alcohol/drug help line: 1-800-562-1240. Alcoholics Anonymous King County: 206-587-2838
- Domestic Violence Hotline for Washington State. 1(800)562-6025
- Family Help Line (Parent Trust for Washington Children) 1-800-932-HOPE
- Parenting Tips: www.parenttrust.org/for-families/parenting-advice/

Services for Low Income Women

You may qualify if your income is less than \$2159 per month for pregnant moms only, or \$2714 for pregnant mom and partner.

- WIC (Women, Infant, and Children’s). Health screening, education, checks to buy nutritious foods.
- First Steps, which covers medical care for you and your baby.
- Assistance with paying for child care while you work.

To learn more, call Within Reach: 1-800-322-2588. Or look online at <http://parenthelp123.org/>