

8-Week Lamaze Series Evaluation Summary

(January – June, 2012. 25 evaluations)

Overall satisfaction with this class: 9.5	Not satisfied	—————▶	Very satisfied							
	0	1	2	3	4	5	6	7	8	9

Was your childbirth instructor....

	Not at all 1	Not really 2	OK 3	Yes 4	Definitely! 5
Knowledgeable 5.0					
Well-prepared/organized 4.8					
Relatable/ understood your needs 4.9					
Friendly / caring 5.0					

Your experience with this instructor: Please comment on the instructor's style. What was her impact on your learning?

I loved, loved her style. Smart, funny and fascinating.

She was very easy going. Listend very well. I very much enjoyed her style.

Great style. Good mix of being able to convey all the knowledge required without being monotonous or boring at all.

Excellent mix of serious information and humor made everything accessible.

Her calm and relaxed manner made the class flow well and be enjoyable as well as informative. I liked that each class, at the beginning, she had the participants choose topics we wanted to spend the most time on.

I really liked Kim's teaching style. I feel quite confident after taking these classes and I would also recommend it to my friends.

Kim's style is fun, natural and very confident. I really enjoyed the classes and learned a lot.

It was good, humorous and casual but very knowledgeable.

Very spunky and knowledgeable. It was fun and very hands-on. Very comfortable to talk to.

She has a wonderful sense of humor! This made it much more fun and I was also remembered the material better because of this.

She is awesome!

She was very patient with all of our questions. She was very informative. She has a fun learning style and creates a fun learning environment.

Kim is very engaging, funny and knowledgeable. Obvious that she really knows her stuff.

She kept the class very interesting. Her style of teaching was so great!

Very easy to ask questions, facilitated a very comfortable classroom environment.

Sometimes off topic, but always entertaining.

Straight forward and objective.

Was the information presented in class...

	Not at all 1	Not really 2	OK 3	Yes 4	Definitely! 5
Interesting and Informative 5.0					
Easy to understand 4.8					
Accurate / Up-to-date 4.8					
Reassuring / confidence building 4.6					

What were the most helpful parts of class? (check up to 5)

- 17 Comfort Techniques for Coping with Pain
- 14 How Normal Birth Works
- 14 Newborn Care
- 14 Class Discussion / Q&A
- 13 Hands-On Practice of Skills

Top 5 topics



- 10 In-class Videos / Visual Aids
- 10 How to confidently talk to care providers
- 9 Breastfeeding
- 8 Medical Interventions
- 3 Pain Medication
- 3 Informed Consent Role Plays
- 0 DVD Lending Library
- 0 Mid-Class Emails

Your experience of this class: What do you wish there were more of? What do you wish there were less of? How can we make the class better?

Everything was evenly distributed. I wouldn't change a thing!

Loved it. Thank you!

More birth plans

More handouts

I wish I got to know the other parents better.

I want more than 8 classes.

Really, we were very satisfied.

The only concern is the class going late. 9pm is already past my bedtime.

I want more time!

The room/location could have been nicer with better ambiance.

I loved every minute.

I thought it was a very good balance.

The class was well planned and covered all the important topics.

I think the number of classes was just perfect. One way to make it better is to provide a summary or "cheat sheet" of all the key topics at the end of the program.

Bias and fairness. Did your instructor consistently demonstrate her understanding of when medical interventions and pain medications were useful? Did she remain objective when discussing medical interventions and pain medications?

YES: **100%** NO: **0%** Please comment:








She helped a lot with the questions.

Ties in research well and also is honest about her experiences which was extremely valuable.

Questions for Pregnant Parent (Rate from 0 to 10. 0 = Not at all. 10 = Yes, definitely!)

<p>1. I feel confident about my ability to give birth.</p> <p>Before coming to class: 6.0</p> <p>After coming to class: 8.8</p> <p>% Change: + 46%</p>	<p>Not at all $\xrightarrow{\hspace{10em}}$ Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>2. I know relaxation / coping skills that will help me with labor, and with stressful times as a parent.</p> <p>Before coming to class: 4.2</p> <p>After coming to class: 9.0</p> <p>% Change: + 114%</p>	<p>Not at all $\xrightarrow{\hspace{10em}}$ Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>3. I know about my options for birth and parenting, and feel empowered to make informed choices.</p> <p>Before coming to class 5.0</p> <p>After coming to class 9.4</p> <p>% Change: + 88%</p>	<p>Not at all $\xrightarrow{\hspace{10em}}$ Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>4. I know what newborns are capable of/how they behave</p> <p>Before coming to class 5.4</p> <p>After coming to class 8.6</p> <p>% Change: + 59%</p>	<p>Not at all $\xrightarrow{\hspace{10em}}$ Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>5. I know how to respond to baby's physical & emotional needs</p> <p>Before coming to class 5.8</p> <p>After coming to class 8.6</p> <p>% Change: + 48%</p>	<p>Not at all $\xrightarrow{\hspace{10em}}$ Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>6. I feel connected to other parents / expectant parents.</p> <p>Before coming to class 4.7</p> <p>After coming to class 7.8</p> <p>% Change: + 66%</p>	<p>Not at all $\xrightarrow{\hspace{10em}}$ Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>7. I know about community resources I can turn to for assistance and advice.</p> <p>Before coming to class 4.0</p> <p>After coming to class 8.3</p> <p>% Change: + 111%</p>	<p>Not at all $\xrightarrow{\hspace{10em}}$ Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>

Questions for Partner

<p>1. I feel confident about my ability to support my partner during labor and birth</p> <p>Before coming to class 3.9</p> <p>After coming to class 8.6</p> <p>% Change: + 121%</p>	<p>Not at all  Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>2. I know relaxation / coping skills that will help during labor, and during stressful times as a parent.</p> <p>Before coming to class 3.0</p> <p>After coming to class 8.2</p> <p>% Change: + 173%</p>	<p>Not at all  Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>3. I know about our options for birth and parenting, and feel empowered to make informed choices.</p> <p>Before coming to class 3.8</p> <p>After coming to class 8.6</p> <p>% Change: + 125%</p>	<p>Not at all  Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>4. I know what newborns are capable of/how they behave</p> <p>Before coming to class 4.8</p> <p>After coming to class 8.4</p> <p>% Change: + 75%</p>	<p>Not at all  Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>5. I know how to respond to baby's physical & emotional needs</p> <p>Before coming to class 4.0</p> <p>After coming to class 8.2</p> <p>% Change: + 105%</p>	<p>Not at all  Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>6. I feel connected to other parents / expectant parents.</p> <p>Before coming to class 3.6</p> <p>After coming to class 5.6</p> <p>% Change: + 56%</p>	<p>Not at all  Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>
<p>7. I know about community resources I can turn to for assistance and advice.</p> <p>Before coming to class 3.2</p> <p>After coming to class 8.2</p> <p>% Change: + 156%</p>	<p>Not at all  Yes!</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>