

TEACHING TIP: GIVING BIRTH WITH CONFIDENCE

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“Giving birth with confidence” has been a theme for Lamaze classes for years. Now, effective educators can incorporate *The Official Lamaze Guide* into their programs. Woven throughout the book are challenges, suggestions and thought provokers. It's so inspiring to work with a book that says what we believe. So, put on those creative caps!

Plus, when you have fun in your classes, your students will remember more! A great way to incorporate the book into your class series is to assign some of these tasks and then facilitate a discussion in the following week.

- The second chapter, “The History of Birth,” includes questions to ask a woman who has experienced birth. Encourage the women to talk with a mother and to bring back “snippets of wisdom” from their birth stories to share with the class.
- The chapter on “Choosing a Caregiver and Birth Site” incorporates the Coalition for Improving Maternity Services (CIMS) Questions to Ask to help expectant parents learn more about their options. Make it an assignment to select two or three questions to ask at their next caregiver visit, and request that they share responses with the group.
- In the “Keeping Birth Normal” chapter, Judith shares several of her own family rituals, then describes several others. Have an in-class discussion on family rituals- for births as well as other celebrations. Give your class time to share their stories and encourage them to create or adapt a family ritual.
- Start out a class talking about tension tamers, as described in the “Finding Comfort in Labor” chapter. Have fun brainstorming different tension tamers they can use before, during and after labor.

These are just a few examples of how you can use *The Official Lamaze Guide* in your class. But, there is potential for hundreds of book-based activities!