

Passion for Birth Seminar Peer Teaching

On the last day of the seminar, we have scheduled time for peer teaching. Before you break out in a cold sweat or your heart trembles, take a deep breath! Please trust us that on evaluations, it's this segment that is often listed as one of the highlights. It is always a treat to watch people learn from each other and to see how there are many ways to teach traditional topics in a childbirth class.

We know it's tough to teach people who are pretending to be pregnant but you can do it. We know that some of you are away from home and don't have traditional access to supplies. Borrow from the PFB trainers or live what we are always saying – "anything can be a visual aid".

The first step is to choose your topic. It's on a first come-first chosen basis, so when the sign up list comes out and you know your topic, sign up! The time limits vary, depending on the seminar size. Listen closely to see if you will be teaching 5 or 15 minutes. You will be able to set the stage, this is week 5 and I have already covered "blah, blah, blah." When your time is finished, you'll be able to describe what else you have done. The other seminar participants will pair up as if they are in a typical birth class. When you are done, there will be time for feedback as well as sharing other ways to teach similar topics. Prepare to learn and grow!!

Topics include:

Pain coping: ice exercise	Labor stations: positions
Hand, foot, head massage	Relaxation progressive or touch or active
Pelvic rock: on floor, standing, sitting	Visualization
Kegels and perineal massage	Birth Ball
Using massage tools and hot- cold	Rebozo
Basic yoga positions	Aromatherapy
Labor bag problem solving	Post partum robe
Baby wearing	
Pushing positions: dangle, squat, hands and knees, side lying	
Double hip squeeze, counter pressure, knee press	
Comfort measures for pregnancy: sleep, stress reduction, pregnancy massage	
Spontaneous pushing vs directed vs laboring down	

Has somebody already grabbed your topic? Check with them to see if the focus could be divided.
Want to teach something else? Check with the Trainers and the list of required topics for a Lamaze Class in the back of Study Guide

Have fun with your session – before you present there will be a presentation and time to write up your session according to the PPPs (purpose-process-payoff) and TTTs (title, time and tools.) Word of advice: don't plan on lecturing for your entire time. (and you can't show a video for your time either!) Think about what does the learner have to do to learn this topic. Aim to get the learners involved. Stretch, grow, be dynamic and interactive!