

## TEACHING TIP: LAMAZE PHILOSOPHY OF BIRTH

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A common question for new and not so new educators is, “how do I teach the Lamaze Philosophy of Birth?” The answer requires educators to tap their creativity. But it's an honorable task to move our image from the often misrepresented “tee-hee” patterns of Hollywood to an image of supporting women to birth as they know how with strength and power.

- Break into small groups. Give each small group one statement. Have them discuss and present what they feel each statement means and its impact on their births.
- I have outrageous headlines/articles from *National Enquirer*-type magazines. I put one on each seat before class. I use this as a discussion energizer—to look at where they get their information about birth and how it has influenced them.
- Have individuals interview their mother and a significant woman in their life about her birth experience and what influenced her satisfaction.
- Old myths are fun to discuss and examine how they have influenced our present day practices. Take these ideas, adapt them and create your own. Share yours with us!

Don't overlook teaching the Lamaze Philosophy of Birth just because it's a little bit tougher than more concrete topics like stages of labor or pushing positions.