

Passion for Birth

Healthy Birth practice/Category	Topic: * = a core Lamaze topic + = an addition recommended by PfB	Do you know the key points for these topics? (If yes, jot down the key points pregnant women should know about this topic. If no, look these subjects up and jot notes from the seminar!)
Pregnancy	* Lamaze's Approach to pregnancy	
	+ Yoga	
	* Pelvic rock	
	* Exercise guidelines	
	* Kegel	
	+ Perineal massage	

	* Comfort measures: massage, sleep, stress	
	+ Nutrition: folic, Calcium, Iron, Fiber, Protein	
	* Anatomy/physiology and changes of pregnancy	
	+ Belly mapping	
	* Changes in emotions/sexuality (depression/abuse)	
Confidence	* Lamaze's Approach to Birth	
	+ Confidence in your body,	

	support, place of birth	
	+ Fear	
Pain	* Physiology of birth pain vs. trauma pain (protective role of pain)	
	+ Receptors * gate control/ coping	
	* F-T-P	
Informed Decision Making	+ BRAIN – * communication /negotiation. Informed consent/refusal	
	+ Guilt	

	* Rights of the childbearing woman	
	* Creating a Birth plan (priorities and preferences)	
	* Unexpected outcomes	
	+ Birth Networks/ Transparency projects/ The Birth Survey	
	* CIMS 10 questions	
Let labor begin on its own	* Process of labor: * Anatomy /physiology/emotions of labor + Six ways to progress in labor	

	<ul style="list-style-type: none"> * +Hormones: oxytocin / adrenaline- catecholamine / endorphins / prolactin/progesterones/relaxin 	
	<ul style="list-style-type: none"> * Induction + Bishop score 	
	<ul style="list-style-type: none"> * Preterm signs 	
Bring a loved one, friend or doula for continuous support.	<ul style="list-style-type: none"> * Role of partner, family friends, doula, nurse, midwife, physician and others 	
	<ul style="list-style-type: none"> * Birth memories and satisfaction 	
	<ul style="list-style-type: none"> * Positive Environment (privacy, 	

	music, lights)	
	* Emotional support - encouragement/verbal support	
	+ Packing a labor bag	
	+ Affirmations	
	* + Touch/massage/pressure (massage tools)	
	* Hydrotherapy	
	* Aromatherapy	

	+ Homeopathy	
	* Heat/cold	
	* Active relaxation	
	* Focused attention	
	* Breathing	
	* 3 R's (rhythm, ritual, relaxation)	
	* Imagery/visualization	
	* Stimulating Senses	

	<p>* Prolonged labor/back pain: + Sterile water papules, + TENS , Dbl hip squeeze (+), knee press (+), counter pressure (+)</p>	
	<p>* Support in postpartum</p>	
<p>Walk, move around and change positions throughout labor</p>	<p>+ Positions: side lying, backwards on chair, rocking chair, Asymmetrical pelvis, the rope (all +), slow dance</p>	
	<p>* Birth Ball</p>	
	<p>* Rebozo</p>	
<p>Avoid giving birth on your back and</p>	<p>* Benefits</p>	

follow your body's urges to push.		
	+ Positions: dangle, squat, hands and knees	
	* + Spontaneous (vs. directed) and laboring down	
Avoid interventions that are not medically necessary.	* Limited support	
	* Cascade of Interventions	
	* Augmentation	
	* No food/drink	

	* IV and heplock	
	* Continuous monitoring	
	+ Frequent vaginal exams	
	* Amniotomy	
	* Episiotomy	
	* Pain medications (narcotics, epidural, nitrous oxide)	
	* Circumcision	

	* Instrumental delivery (forceps/vacuum)	
	+ Immediate application of eye ointment, vit K shot, weighing and foot printing	
	* Cesarean	
	* Repeat cesarean vs. TOLAC and VBAC	
	+ Active management of 3 rd stage: early cord clamping/pitocin	
Keep mother and baby together- it's best for mother, baby, and	* Physiological third stage (anatomy/emotions)	

breastfeeding.		
	* Skin to skin	
	+ Sacred hour	
	* Breastfeeding (benefits, anatomy, position, grasp)	
	* Feeding cues	
	* Newborn appearance and abilities	
	* Importance of relationships on development of the baby	
	+ Infant massage	

	+ Baby sign	
	* Postpartum emotions (exhaustion, blues, depression and beyond)	
	+ Baby wearing	
	+ Baby friendly	
	+ Lamaze's Approach to Parenting	

* on Lamaze required list of topics + added by PFB to list of topics