

4 Week Prenatal Class Series Outline

WEEK ONE

INTRODUCTION, STAGES OF LABOUR & COMFORT MEASURES

- Welcome & introduction
- Changes in late pregnancy and pre-term labour signs
- The stages of labour
- When to come to the hospital, what to bring
- Giving birth at Mount Sinai – staff and routines
- Creating a Birth “Wish List”
- Comfort measures and role of coaches
- Breathing techniques

WEEK TWO

TOUR, MEDICATIONS & INTERVENTIONS

- Hospital tour
- Review of breathing techniques
- Medications options for labour, including epidural
- Medical interventions during labour & birth
- Caesarean Sections

WEEK THREE

THE POSTPARTUM EXPERIENCE & YOUR NEWBORN

- Mom’s physical recovery
- Post partum blues and depression
- Family adjustment, time management
- Baby’s first few hours, hospital routines and tests
- Typical baby features
- Caring for your baby: bathing, diapering, clothing, swaddling
- Comforting your baby

WEEK FOUR

BABY SAFETY & BREASTFEEDING

- Safe sleep practices, transporting babies, babies and pets etc.
- Benefits and challenges of breastfeeding
- Learning how to breastfeed: positioning, latching, frequency - video
- Recognizing when help is needed, where to get help
- Pumping and milk storage, supplementing