



WEEKEND PRENATAL CLASS SERIES OUTLINE

DAY ONE

INTRODUCTION

- Welcome and introductions

STAGES OF LABOUR

- Changes in late pregnancy and pre-term labour signs
- When to come to hospital (labour decision tree), what to bring
- Video and discussion of the stages of labour

GIVING BIRTH AT MOUNT SINAI HOSPITAL

- Staff, referrals
- Routines
- Birth wishes

MEDICATIONS & INTERVENTIONS

- Medication options for labour, including epidural
- Medical interventions during labour & birth
- Caesarean Sections

COMFORT MEASURES

- Role of support person
- Breathing and positions
- Relaxation

TOUR (may occur around lunch time or at the end of the day)

DAY TWO

YOUR NEWBORN

- Baby's first few hours, hospital routines and tests
- Typical baby features
- Caring for your baby: bathing, diapering, clothing, swaddling
- Comforting your baby

BABY SAFETY

- Car seat safety
- Sleeping environment
- Baby's health

THE POSTPARTUM EXPERIENCE

- Mom's physical recovery
- Post partum blues and depression
- Family adjustment, time management

BREASTFEEDING

- Benefits and challenges of breastfeeding
- Learning how to breastfeed: positioning, latching, frequency
- Recognizing when help is needed, where to get help
- Pumping and milk storage, supplementation

The order in which the material is presented can be altered to meet the needs of the clients and the teacher, within each day. Breaks and lunch also can be scheduled individually per teacher.