

Five Week Prenatal Class Series Outline for Multiples

WEEK ONE

Introduction, Stages of Labour & Comfort Measures

- Welcome & introduction, overview of classes
- Changes in late pregnancy
- Pre-term labour signs and symptoms
- 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 support people
- Breathing techniques

WEEK TWO

Tour, Medications & Interventions

- Hospital tour
- Medications options for labour, including epidural
- Variations during labour & birth (fetal monitoring, inductions, augmentations, assisted deliveries)
- Vaginal Delivery vs. Caesarean Sections

WEEK THREE

The Postpartum Experience & Your Newborn

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

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
- Use of bottles, pacifiers, supplements, etc.
- Recognizing when help is needed, where to get help, BF resources
- Pumping and milk storage, supplementing

WEEK FIVE

Preparing to Take Your Babies Home *(pizza dinner?)

- Preparing the physical environment (sleeping arrangements, care stations)
- Time management/planning for help

- Taking care of each other
- Resources
- Meet with graduate parents
- Questions and answers