

Outline for Childbirth Class

- Anatomical and Physiological Changes of Pregnancy
- Signs of Labor/When to Call the MD
- Stages of Labor and Delivery
- Internal and External Fetal Heart Monitoring
- Medications Used During Labor and Delivery (Pitocin, Demerol, Epidural Anesthesia)
- Forceps, Vacuums
- Caesarian Sections
- Lamaze Breathing/Pushing Techniques
- What to Expect Postpartum
- Breastfeeding
- Newborn Care—diapering, burping, swaddling, sleep, etc.
- SIDS Prevention
- Infection Control
- Bathing the Newborn
- Selecting a Pediatrician

***The 2 session childbirth class meets once per week for 2.5 hours per session.**