



For additional information,
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CHILDBIRTH EDUCATION

Class Outline

- Introductions
- Philosophy and Theory
- Relaxation
- Anatomy & Physiology
- Overview of Labor
- Labor Support
- Pre-term Labor and Warning Signs
- Early Labor and Comfort Measures
- Cleansing Breathe, Slow Breathing and Positions

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- Active Labor and Comfort Measures
 - Quick Breathing and Positions
 - Interventions and Medications
 - Hospital Admission
 - Packing Hospital Bag
 - Tour

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- Transition and Comfort Measures
 - Pant Blow Breathing and Positions
 - Second Stage Pushing and Birth
 - Immediate Care of Newborn
 - Postpartum Immediate Care

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- Hospital Stay
 - Discharge
 - Period of Purple Crying

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- Cesarean Birth
 - Emotions Postpartum
 - Transition to Home
 - Conclusion