



This worksheet is designed to assist with class outlines and help with creating a workable schedule. Each Informed Beginnings Educator is given autonomy in regards to the wording, flow and timing of their classes as long as students are taught in a respectful manner citing current fact/evidence based information. Below you will find a table containing the topics that must be addressed to be considered an Informed Beginnings Childbirth Education Series. Please feel free to cut out on the dotted lines (or write the topics in the table); rearrange your outline to suit your teaching style and timeline. You may cover one topic more in depth than another, but each topic must be covered. Your classes may be virtual, hybrid or in-person and will be a minimum of 8 weeks with 21 hours of instruction during each series. If you need to cover information for more than one week please write that in a cell below and include it. The following pages are breakdowns of each topic and the information that must be presented to the students.



Positions	Nutrition	Exercise
Birth Choices	Birth Partners	Communication
Pregnancy	Comfort Measures	Stages of Labor
Interventions	Variations & Complications	Postpartum
New Borns	Lactation & Feeding	Videos

Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	
Week 7	
Week 8	
Week 9	
Week 10	
Week 11	
Week 12	
Week 13	
Week 14	
Week 15	

Exercise

- Importance/benefits of exercise during pregnancy _____
- Cautions _____
- Specific exercises _____
 - Posture
 - Tailor sitting
 - Squatting
 - Kegels
 - Pelvic rocks
- Other optional exercises _____
 - Butterfly ("legs apart")
 - Forward leaning inversion (from Spinning Babies)
- See also: Pregnancy>Comfort and self-care
- See also: Postpartum>Postpartum exercise

Nutrition

- Brewer Diet _____
 - Importance of nutrition in building blood volume _____
 - Importance of protein, salt, calories, and fluids _____
 - Weight gain _____
 - Role of nutrition in preventing complications _____
 - Pre-eclampsia/eclampsia/PIH/HELLP
 - Other complications at discretion of instructor such as anemia, preterm birth, placental abruption, postpartum hemorrhage
 - Acknowledgment that excellent nutrition gives best odds but is not a guarantee of good outcome
- Food groups
 - Whole grains/starchy fruits and vegetables _____
 - Protein _____
 - Dairy _____
 - Eggs _____
 - Dark green leafy vegetables _____
 - Vitamin C sources _____
 - Vitamin A sources (yellow and orange fruits and vegetables) _____
 - Healthy fats _____
 - Salt to taste _____
 - Other fruits and vegetables _____
- Nutrients/individual nutrition topics
 - Vitamin A _____
 - Vitamin C _____
 - Calcium _____
 - Iron _____
 - Staying hydrated _____
- See also: Postpartum>Postpartum nutrition

Birth Choices

- Why natural birth? _____
- Birth place choices _____
 - Hospital
 - Birth center (where available)
 - Home
- Care provider choices _____
 - Obstetrician
 - Family doctor (for birth)
 - Midwife - CNM and CPM

- Doula and other additional birth team members _____
- Baby care provider choices _____
 - Pediatrician
 - Family doctor
 - Checklist - questions to ask when interviewing care provider

Birth Partners

- Needs of the birth partner _____
- How to support a laboring person (Be SECURE) _____
- The Six Needs of the Laboring Person/creating the birth environment _____
- Providing support during pregnancy and in the postpartum period _____

Communication

- Principles of positive communication _____
- Communicating with the birth team _____
- Creating a birth plan _____
- Communication between partners _____

Pregnancy

- Optimal Fetal Positioning (OFP) _____
- Sex in pregnancy _____
- Anatomy _____
 - Uterus
 - Placenta
 - Umbilical cord
 - Amniotic fluid
 - Cervix
 - Bladder
 - Pubic bone
 - Vagina
 - Rectum
 - Coccyx
 - Pelvis
 - Ischial spines
- Avoiding harmful substances and situations _____
- Comfort and self-care in pregnancy
 - Pregnancy Comfort measures (include at least **five** in series)
 - Psoas release _____
 - Rebozo neck release _____
 - Rebozo back release _____
 - Calf stretch to prevent leg cramps _____
 - Walking off leg cramps _____
 - Walking after meals _____
 - Nutritional options for heartburn - papaya, avoiding offending/acidic/spicy foods, small frequent meals, avoiding eating immediately before bed _____
 - Frequent small protein snacks to prevent/reduce nausea _____
 - Partner massage _____
 - "Figure four" stretch for sciatica relief _____
 - Professionals to support pregnancy health (e.g. chiropractors, physical therapists, massage therapists, etc.) _____
 - Other:
- Common tests - use BRAIN, "What will we do with this information?" _____
 - Gestational diabetes screening _____
 - Ultrasound _____

- Genetic testing _____
- Group B strep test _____
- Vaginal exams in pregnancy _____
- Pregnancy red flags _____

Relaxation, Comfort Measures, and Positions

NOTE: Do not include any techniques that you are not comfortable and familiar with.

Relaxation

- Three facets of relaxation and their importance: physical, mental, emotional _____
- Importance of relaxation in managing labor intensity and allowing normal labor progress (fear/tension/pain cycle vs. confidence/progress/relaxation cycle) _____
- Importance of abdominal breathing for deep relaxation _____
- Techniques - include at least **eight** in series with student participation in class or during a Whole House Labor rehearsal. You may describe others.
 - Massage
 - Neck _____
 - Hand/foot _____
 - Back/lower back _____
 - Scalp _____
 - Stroking _____
 - Vocalization _____
 - Give in and let your body be in control _____
 - Tense/release _____
 - Abdominal breathing/focusing on the breath _____
 - Progressive relaxation _____
 - Visualizations
 - Rainbow _____
 - Golden ball _____
 - Special place/happy place _____
 - Spiraling _____
 - Picturing baby in the womb _____
 - Imagining baby as safe, warm, comfortable in womb and feeling the warmth and safety radiate gradually through their body _____
 - Feeling heavy _____
 - Positive labor story _____
 - Mindfulness _____
 - Repeating a word or phrase (mantra/affirmation) _____
 - Other:
 - Other:
 - Other:

Comfort Measures: Include as many as possible in series - at least **ten**. Student participation as often as possible. *Denotes required topic

- *Counterpressure
 - Sacral _____
 - Knee press _____
 - Double hip squeeze _____
 - Birth ball against wall _____
- *Walking between contractions _____
- *Praise, encouragement, and progress talk _____
- *Nap/sleep as possible _____
- *Shower/bath _____
- *Eat and drink during labor _____

- Types of food/drink for labor _____
- Honey/agave/Clif Shots/Gu/juices _____
- *Heat: heating pad/rice sock/Thermacare _____
- *Cold: ice pack/ice bag _____
- Thigh squeeze _____
- Repetitive movement/rocking/swaying _____
- Loving touch and cuddling _____
- Take one contraction at a time _____
- Half-hour deal: agree to keep going for half an hour and then re-evaluate _____
- Rebozo
 - Sifting _____
 - Belly lift _____
 - Hip squeeze _____
 - Knee press _____
- Stair-climbing between contractions _____
- Perineal compresses (second stage) _____
- Cool cloth on brow/neck (second stage) _____
- Ice chips (second stage) _____
- Other:
- Other:

First Stage Labor Positions: Include at least **eight** in series

- Side- or 3/4-lying _____
- Contour chair _____
- Hands and knees _____
- Birth ball
 - Sitting/rocking on ball, leaning forward on to bed/chair/partner during contractions _____
 - Kneeling on floor or bed, leaning forward onto ball _____
- Slow dance with partner _____
- Toilet - facing forward or backward _____
- Rocking chair or recliner _____
- Sitting backward on a chair _____
- Standing or leaning on partner/wall/rail/counter, etc. for support _____
- Lunging _____
- Pelvic tuck/belly lift against wall _____
- Other:
- Other:

Second Stage Labor Positions:

- Positions: Include at least **five** in series.
 - Full squat - partner supported or using squat bar _____
 - Side-lying _____
 - "Classic" position _____
 - Dangling positions _____
 - Hands and knees _____
 - Asymmetrical or "runner's start" _____
 - Water birth _____
- To make any position more effective _____
 - Curl in "c" shape around baby - tuck chin to chest
 - Pull knees toward ears OR
 - Pull on something - bed rail, rebozo, sheet, squat bar
 - Allow perineum to bulge/release
 - Push through the sensation - don't hold back
 - Hold breath if body tells you to. Take quick breath and get back to pushing

Stages of Labor

- Prelabor/how the body prepares for labor _____
- How to time contractions _____
- Using emotional signposts and timing contractions to give an accurate idea of where someone is in labor _____
- Differences in labor speed - average, fast, slow, start/stop _____
- Hormones in labor _____
 - Oxytocin
 - Beta-endorphins
 - Catecholamines
 - Prolactin
- Early first stage _____
 - Behavioral, physical, emotional signs
 - Working with labor
 - Support
- Active first stage _____
 - Behavioral, physical, emotional signs
 - Working with labor
 - Support
- Transition _____
 - Behavioral, physical, emotional signs
 - Working with labor
 - Support
- Second Stage _____
 - Behavioral, physical, emotional signs/urge to push
 - Working with labor
 - Support
- Third stage _____
 - Importance of skin-to-skin contact
 - Birth of the placenta
 - Initial postpartum changes
 - Replenish fluids and electrolytes
 - Shaky legs/body
- See also: Relaxation, Comfort Measures and Positions>Comfort measures, >First stage positions, and >Second stage positions

Interventions

- Informed consent and AMA (against medical advice) _____
- Specific interventions - give definition, benefits, and risks for each
 - Non-stress tests/biophysical profile _____
 - Induction - medical and non-medical options _____
 - Labor augmentation - medical and non-medical options _____
 - Vaginal exams in labor _____
 - NPO _____
 - IV _____
 - Electronic Fetal Monitor (EFM) _____
 - External
 - Internal
 - AROM (amniotomy) _____
 - Pain medication _____
 - Analgesics (IV or injected narcotics)
 - Anesthetics (epidural, spinal, local)
 - Antibiotics in labor _____

- Episiotomy _____
- Instrumental vaginal delivery - forceps/vacuum extraction _____
- Early cord clamping _____
- Separation of birthing parent and baby _____
- Cesarean section _____
 - Three types: planned, non-emergency during labor, emergency during labor
 - Surgery process
 - Recovery considerations and postpartum care
 - Impact on nursing
 - VBAC
 - Emotions and support options

Variations and Complications

- BRAIN method to evaluate situations _____
- Preparing for the unexpected _____
- Specific variations and complications - give definition, standard medical treatment, and natural ways to avoid or handle for each
 - Pre-eclampsia (see also: Nutrition) _____
 - PROM (Premature rupture of membranes) _____
 - Post-dates vs. post-mature _____
 - Breech _____
 - Occiput posterior position _____
 - Failure to progress _____
 - Meconium _____
 - CPD (cephalopelvic disproportion) _____
 - Shoulder dystocia _____
 - Cord prolapse _____
 - Unplanned, unexpected birth _____
 - Others at discretion of instructor; can include but not limited to
 - Pre-term labor
 - Transverse lie
 - Arrested labor
 - Reverse dilation
 - Very painful labor
 - Placental abruption
 - Placenta accreta
 - Retained placenta

Postpartum

- Postpartum expectations and care _____
 - Soreness
 - Elimination
 - Hemorrhoids
 - Afterbirth pains
 - Lochia
 - Hair loss
 - Intimacy
 - Postpartum red flags
- Postpartum emotions, including mood disorders _____
- Postpartum nutrition _____
- Postpartum exercise _____
- Placenta options _____
 - Hospital disposal
 - Bury

- Placentophagy/encapsulation
- Lotus birth

Newborns

- Appearance _____
 - Molding
 - Milia
 - Cradle cap/dry skin
 - Swollen genitals
 - Vaginal discharge
 - Swollen breast tissue
 - Vernix
 - Lanugo hair
 - Umbilical cord
- Reflexes _____
 - Rooting
 - Sucking
 - Startle
 - Gag
 - Grasp
 - Stepping
- Abilities _____
 - Vision
 - Hearing
 - Taste
 - Touch
 - Hiccups and sneezing
 - Nursing crawl
- Newborn procedures and interventions _____
 - Apgar score
 - Weight and measurements
 - Hepatitis B vaccine
 - Antibiotic eye ointment
 - Vitamin K
 - Vision and hearing screenings
 - Jaundice
 - Circumcision
 - Newborn blood screening/PKU test
- Newborn care _____
 - Umbilical cord care _____
 - Sleeping arrangements _____
 - Slings and carriers _____
 - Diapering options _____
 - Soothing baby _____

Feeding

- Benefits of breastfeeding/chestfeeding risks of formula feeding for baby, birthing parent, partner/family _____
- Storage
 - Milk pumps _____
 - Pumping and hand expression _____
 - Storage guidelines _____
- Nursing variations and challenges
 - Flat or inverted nipples _____

- Tongue and lip ties _____
- Mastitis - signs, prevention, treatment _____
- Thrush - signs, prevention, treatment _____
- Engorgement and leaking _____
- Donor milk options _____
- Positions _____
 - Laid back/biologic nursing
 - Cross-cradle hold
 - Football hold
 - Side-lying
 - Cradle hold
- Latch _____
- Supply _____
 - Determining
 - Increasing
- Cue feeding _____
- Promoting and preserving feeding instincts in baby _____
- Pitfalls _____
 - Supplementation
 - Normal weight loss after birth
 - Nipple confusion
 - Early solids
 - Objections of others/nursing in public
- Resources _____
 - Nursing support groups (La Leche League, Allbodies.com)
 - Books, websites, videos
 - CLEs, CLCs, IBCLCs, postpartum doulas
- Partner's/family's role in supporting nursing _____

Videos

Series should contain as many videos as possible, including at least **five** birth segments.

- Birth segment 1: _____
- Birth segment 2: _____
- Birth segment 3: _____
- Birth segment 4: _____
- Birth segment 5: _____
- Other:
- Other:
- Other:
- Other:
- Other: