

## Lamaze Childbirth Classes

### Instructor:

Lucy Juedes (Yee'-dis), Lamaze Certified Childbirth Educator, 740-594-8039,  
[lucyj@intelliwave.com](mailto:lucyj@intelliwave.com), [www.BirthPrepBasics.com](http://www.BirthPrepBasics.com)

### In every meeting we will:

- watch and talk about 1 or 2 in-hospital/birth center/home birth or baby care DVD/videos;
- talk about the night's topics with a combination of mini-lectures, questions, and games;
- try out several comfort positions and techniques; and
- practice relaxation.

*\* \* Any questions, any time, are welcome and encouraged! \* \* \**

### Materials:

- *The Official Lamaze Guide* (please bring nightly if possible; we might refer to parts of it)
- Handouts about breastfeeding (modified Dr. Newman; Sears, MD & Sears, RN; La Leche League), circumcision (modified Sears & Sears), attachment parenting (modified Sears & Sears), SIDS prevention (Sears & Sears), vaccinations (CDC), depression (Postpartum Support International), baby care products (Environmental Working Group), and more
- a pillow brought by the mom and partner to help with relaxation practices

### Goals:

- To help expectant parents get a basic idea of what labor, birth, and early care for their baby and themselves might be like.
- To help parents figure out the kind of care and experience they would like; how they can best prepare for this; and how they can care for themselves if labor, birth, and/or the early newborn period doesn't turn out as they had hoped.

**Meeting 1** – We will get to know each other a little and learn more about labor and birth basics, Lamaze's approach to childbirth, and practice some comfort strategies. We will:

- introduce ourselves and get to know each other a little,
- watch a video of newborns, to help us remember what this is all about,
- talk about getting ready for giving birth and optimal fetal positioning,
- learn more about birth itself and the process for the mom and baby,
- learn about Lamaze's *Six Care Practices for a Healthier, Safer Birth*,
- talk about hopes, fears, and expectations,
- view a birth on DVD: no complications or interventions,
- talk about the challenges of labor and birth: pain and fatigue and the goals of labor and birth: comfort and progress, and
- practice a relaxation technique – progressive relaxation.

**Meeting 2** - We'll learn more about the specific stages and phases of childbirth, and we'll learn more comfort measures and positions that help the mom and her partner work with her contractions. We will:

- go over the stages and phases of labor and birth in more detail – what the mom might feel, what the mom can do to help labor progress, what the partner can do to help,
- practice various positions for laboring,
- review more comfort strategies for use by the mom and partner,
- discuss back labor and how to manage it, including practicing counter pressure,
- review possible fast labor and how to manage it,
- view two birth videos showing a variety of comfort strategies used with two, fairly different childbirths, and
- practice some more relaxation – release to partner's touch.

**Meeting 3** - We'll talk about possible complications and what you get and what you give up with various interventions, as well as learn more about the pushing/birth phase. We will:

- learn about use of and possible complications of continuous or intermittent electronic fetal monitor, IV, induction, augmentation, medicated pain relief (narcotic and epidural), directed pushing, episiotomy, use of vacuum extractor or forceps, and cesarean surgery,
- review and two births: one that was induced due to meconium-stained water that also covers use of narcotic, episiotomy, internal fetal monitor, and brief separation of mom and baby; the other a vaginal birth after cesarean (VBAC) which was a longer birth with back labor and involved help from narcotics, continuous monitor, IV, epidural, and brief separation of mom and baby,
- discuss how best to communicate with caregivers before, during, and after labor,
- practice a gentle touch relaxation exercise,
- practice various positions for pushing,
- discuss spontaneous pushing with unmedicated births,
- review comfort strategies practiced or discussed during the class, and
- practice some relaxation visualizations.

**Meeting 4** - What do you do after your baby's born? We will:

- discuss how to help the mom recover in the first few hours and days after birth,
- learn more about newborn characteristics and care – first hours, first weeks,
- learn more about the importance of and basics of how to breastfeed,
- learn more about new baby care, including basic info about vaccinations, circumcision, promoting attachment, preventing SIDS, and communicating with your little one,
- discuss and learn more about new family care – care for both mom and dad/oxygen mask theory, new realities, and
- evaluate what you've learned from the course.