



Back labor – “OP” – Occiput Posterior

VIDEO: Positions for Labor

Practice

### **11am – 12pm PAIN MANAGEMENT, CESAREAN SECTION**

Pain Management

Causes of pain

Natural Pain Management Techniques review

Doula studies

Artificial Pain Relief

Barbiturates

Narcotics

Epidural

Spinal

General

Penny Simkin Pain Medication Preference Scale

Cesarean Birth: Indications (CPD, Malpresentation, Placenta & Cord Problems, Maternal Problems, Fetal Distress)

Procedure

VIDEO: Cesarean Birth

Recovery – walking and drinking hot fluids helps with gas pain

### **12pm – 1pm RECOVERY, POSTPARTUM ISSUES**

Postpartum for both Vaginal and Cesarean births

Bladder importance

Breastfeeding

Going Home (The Four “eeeeee’s”)

How to prepare your "Home Helper"

Parenting

Sex after baby

Three difficult subjects

Postpartum Depression

The End of Your Rope

Less Than Optimum Outcomes

Ideal Birth assignment

### **1pm-2pm LABOR REHEARSAL**

Labor Rehearsal (scenarios that include: relaxation, breathing, pain management, pushing practice, birth)

Second Stage of Labor (pushing, crowing, and birth)

Third Stage (placenta)

Fourth Stage (postpartum) (importance of bladder)

### **2pm-2:45pm NEWBORN CARE**

Newborn Appearance – pictures and explanations

Hospital procedures – Apgar score, warmer, measurements, medications

Holding

Swaddling

Diaper changing

Safety – carseat, home, pets

When to call the doctor

Bathing – Supplies include: 3 towels, 3 washcloths, soap, warm water, diaper, clothes

### **2:45-3pm FINISHING TOUCHES**

VIDEO: Celebrate Birth

Evaluations