

# Hoke County Health Department

## Prepared Childbirth Education Course Syllabus

**Instructor:** Cornelia Murchison, M.Ed.

**Office Phone #:** (910) 875-3717 Ext: 2104

**Class Schedule:** Thursday's 6-8 PM  
for five (5) sessions

**E-mail:** cmurchison@hokehealth.org

### Course Description:

Prepared Childbirth Education teaches a variety of techniques in which a pregnant woman tries to minimize use of pain-relief medications during childbirth by learning relaxation and other coping skill. For first-time moms, you and your partner will learn what to expect during childbirth and how to prepare for labor and birth. Topics include: pain control, breathing and relaxation techniques, labor partner training, medical procedures, the complete childbirth process and more. Likewise for experienced moms, these classes will help refresh your skills in preparation for childbirth.

### Course Expectations:

1. Participants are encouraged to attend every scheduled class. However, we understand things do happen and sometimes a missed class is unavoidable. Participants are allowed to miss one class. If more than one class is missed; the participants will be dropped from class without further notice.
2. Class starts promptly at 6:00 PM. I will wait 10 minutes after six, if there is a no-show by participant's the scheduled class will be canceled.
3. If you are going to miss a scheduled class, please notify the class facilitator (Cornelia Murchison) of your class absents as soon as you know you will not be able to attend (*see contact information above*).
4. If there is no participation or poor attendance class maybe canceled without further notice.

### Textbooks and Materials:

Childbirth Hand Books and handouts will be provided for this class. Participants are required to bring books back to class each time the class meets.

### Class Objective:

Students participating in this course will understand or recognize the following concepts:

#### Understanding Pregnancy

- Physical and emotional changes during pregnancy and childbirth.
- Physical activity and exercise during pregnancy.
- Nutritional needs of mother and fetus.
- Avoidance of harmful practices and substances including alcohol, drugs,
- Non-prescribed medications and nicotine.
- Consumer advocacy:
  1. Informed decision making for childbearing women.
  2. Communication and negotiating skills with healthcare providers

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## 3. Birth plans

### **Understanding Labor and Delivery**

- The process of labor, including stages and phases as well as warning signs of preterm labor.
- Non-pharmacological comfort measures such as breathing and relaxation techniques, touch, massage, and hydrotherapy, in addition to emotional and physical support of the mother.
- Role of doulas, elders, or other support persons during labor and birth.
- Types of deliveries.
- Complications and relevant interventions such as an episiotomy or induction.
- Obstetrical analgesia and anesthesia.
- Education about hospital routines and the importance of touring the hospital or birthing center.

### **Understanding Postpartum Care**

- Postpartum physical and emotional changes, including depression.
- Postpartum physical activity and exercise.
- Postpartum sexuality.
- Family planning methods.
- Breastfeeding issues and where to seek support.

### **Understanding Infant Care**

- Normal newborn procedures.
- Normal newborn appearances.
- Preparation for breastfeeding.
- Safe sleep positions.
- Infant feeding.
- Infant car seat use.
- Importance of well-child care.
- Family attachment to the newborn.
- Potential stress within the family.
- Family planning methods and referral, e.g., referral to medical provider or DSS family planning social worker; the Family Planning Waiver.

### **Course Policies:**

**Class Work:** Participants will be encouraged to complete assignments outside of class-time. All students are expected to read class material, think critically and prepare to effectively participate in class.

**Class Cancellation-**We reserve the option to cancel or reschedule a class. Should this occur, participants will be notified of the cancellation or rescheduling of a class within 24 hours prior to the class. If a student is unable to attend a session, please contact the instructor prior to the scheduled class. **Note: Participants, who complete all five (5) scheduled sessions, will qualify for a free car seat!**

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**Your reservation-** will be confirmed when we receive payment or a copy of your Medicaid Card.

**Class Refunds-** Once class has started there are no registration refunds.

## **Class Rules:**

- Arrive and start on time.
- Be prepared for every session.
- Participants share what they know
- Withhold judgmental and negative comments about others' points of view and stated values.
- Aim for a better group discussion, especially in disclosing information, direction, strategies, challenges, and experience.
- Agree to disagree
- Keep your humor light and use sparingly; do not make fun at another's expense.
- The participants are expected to treat the instructor and other participants with respect at all times. Offensive language and hatefulness **is not acceptable** in this class

## **What to Bring to Childbirth Classes:**

- A Snack
- A water bottle
- 2-3 pillows
- A Yoga mat or large towel
- A support person

## **My classes are shedualed to meet:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***“Fathers are encouraged to accompany expecting mothers!”***