

Childbirth Refresher and Family Class Outline

Week 1: Reviewing the Past, Pregnancy, and Relaxation

- Introductions, previous birth stories
- As a couple, talk about: what you loved/would have changed about your previous birth(s). List on phone/paper. What do you wish someone would have told you?
 - Share with the class 1 of each.
- Start the conversation: What would you like to change for this time?
- Review of last trimester of pregnancy: nutrition, movement, relaxation, hormonal prep for labor and delivery, the importance of going into labor naturally. Things that have changed (Covid, medications, science updates-39 week induction, eating during labor)
- Lead classes in exercises that can help open the pelvis, stretches, and end with a guided relaxation.
- Homework: Discuss birth plans and how you would like to see things change for this time. What about the backup plan? Who's watching your kids? If they had to come tomorrow, would they know how to help you? (create a guide for your support people)

Week 2: Labor and Delivery Week

- Review of stages of labor and delivery, what's happening hormonally during delivery.
- Discuss: What did you do to cope with labor last time? How did it go and how would you like that to change for this time?
- Partners: how involved did you feel with previous deliveries? What do you want to change for this time? (Give time to share, but not necessarily discuss as a group)
- Why coping techniques help
- Coping with labor:
 - Breathing techniques
 - Sensory ideas
 - Movement ideas
 - Rebozo/peanut ball/exercise ball
 - Pushing practice
- Preview: How to have positive interaction with kids.
 - Baby bring something to the children (dolls to youngest child)
 - Let this be their baby too
 - Let them feel their baby kick
 - Encourage them to talk to their baby

- Use kids as assets and team players and try to keep things positive in how you talk about changes with baby
- Homework: practice what we've worked on and find what works/doesn't. Come up with a plan of how to cope with labor (this might change, but it's good to have it in mind).

Week 3: Bring on the kids!

- Kid introductions, let them introduce their baby
- Read some books (working on titles)
- Draw pictures of the family, including baby, talk through pictures (as a family unit)
- Talk about: How can we help mom and dad with the baby?
 - Diaper changes
 - Pacifiers
 - Bottles
 - Blankets
 - Books/Toys
 - Sing songs/tell stories
- Game: Find what Mom and Dad need! "Hide" the objects that mom and dad might need around the room. Mom/Dad ask for something or ask kids to do something and they have to find it and do this with the stuffy/baby.
 - Mom "Adele, can you grab me a diaper for your sister?"
 - Dad "Evers, your sister is sad. Will you sing her a song?"
 - Mom "Iyla, your sister needs to be on her tummy for a bit, but she doesn't like that. Will you show her some of your favorite toys?"
- Talk: It's the kids' job to help keep baby safe! What can you do to help keep your baby safe?
 - No blankets or stuffies in the crib
 - No legos on the floor
 - Don't pick or move baby (you can lay next to her)
 - Have mom and dad help you hold baby
 - Kissing toes/top of head
 - Don't lay on top of them to give hugs
 - Have to be able to see their face
 - Don't give baby food
 - Let mom and dad help you with giving bottles or binkies
- Game: (Age Dependent) Split into family groups. Have parents practice with kids in the groups how to keep baby safe.
 - 2-4yo *Questions/Answer* Mom "Oh no! I can't see baby's face (blanket covering). Can you help keep our baby safe and uncover her face?"

- 4-6yo *Safe or Not Safe* (thumbs up, thumbs down) Dad “Baby has a blanket on her face. Safe or not safe.” (Thumbs down) “How do we fix it?” (takes the blanket off the face)
- 7+yo *Find What’s Not Safe* (Set up a scene with some things being not safe while they have their eyes closed) “Find 3 things that aren’t safe for your baby and make it safe for her” (blanket on the face, lego on the floor and food in baby’s hand)
- Let the children play for the last few minutes and chat with parents/recap:
 - Come up with a plan for what to do while you’re nursing
 - Remember to involve children in this process in an engaging way. If you don’t give them ways to be involved, they will try to be involved in their way and that isn’t always the most safe or helpful.
 - This is their baby too! Let them feel baby move, be a part of setting up the nursery, picking out a homecoming outfit–things they can get excited for
 - The words you use matter. If you only talk about how much this will change their lives and the toys they’ll have to share, they probably won’t be as excited as they will knowing the adventures they’ll have and the great big brother or sister they are going to be.