

# COURSE REQUIREMENTS/HOMEWORK GUIDELINES

## Professional Development Requirements:

How to obtain and maintain your status as a Holistic Childbirth Educator...

- Participants have 18 months to complete the course
- Participate or view/listen (powerpoint slides + recordings) with our Holistic Childbirth Educator Instructor
- Read required books on our required reading list
- Watch required video
- Complete module assignments
- Attend at least two different childbirth education series as an observer
- Attend a local breastfeeding class
- Attend a local newborn care class
- Submit a presentation leading a childbirth class
- Submit Five Feedback/Survey forms from class participants
- Observe three labors
- Submit Final Essay

## Homework Guidelines...

### MODULE 1

1. Answer the reflection questions from the first few slides (the 4 questions in the intro) - so we know how we too can support you best
2. Look in your community to list all the available Childbirth Education courses in your community: title, who's teaching, length and price of class (great to familiarize yourself with these plus you'll be attending a few of these to fulfill the requirements and you'll see how other classes are run) This can be a great compliment to see how you can structure your classes; to what's out there and all you will be offering to the community
3. Submit list of available birth options (CARE PROVIDERS & LOCATION OPTIONS FOR BIRTH): Care Providers - obgyns; midwives; doulas;  
LOCATIONS: birthing centers; hospitals ...this will be a great resource list you can share with your clients later!

## **MODULE 2**

Prepare 3 birth plans (any format):

1. Hospital Birth Plan
2. Birthing Center Birth Plan
3. Home Birth Plan

## **MODULE 3**

1. Define pregnancy terms listed on the "Pregnancy A & P Terms" Slide...

- × Fundus
- × Placenta
- × Amniotic Sac or "Bag of Waters"
- × Cervix
- × Perineum
- × Primigravida
- × Primipara (Prinip)
- × Multigravida
- × Multipara
- × Braxton Hicks Contractions
- × Lightening
- × Contractions

2. Write a sample class outline of how you might incorporate the following topics into your teaching (you can choose to present this in a weekly class outline form, a 2 day course outline form...be creative!

Outline Topics:

**\*The Anatomy and Physiology of Pregnancy**

**\*Body Mechanics/Exercise**

**\*Nutrition**

## **MODULE 4: NO Homework to turn in; slide/recording review only**

## **MODULE 5**

1. Define "stations" as related to baby positioning/presentation
2. Discuss EFFACEMENT and DILATION
3. Labor Scenario Questions...

Grace, a first time mother to be (“primip”) at 38 weeks gestation goes to her health care provider for a regular check-up. She lost 2 pounds in the last week and has lost her mucous plug. An exam shows that her cervix is 20% effaced and one cm dilated. She has been having Braxton-Hick contractions for the past 3 month with recent ones hurting a bit.

**-Is it too early for her labor to begin?**

**-Is it dangerous to loose weight?**

**-What is the mucous plug?**

**-What does the exam tell you?**

**-Is she in labor?**

**-What should she do?**

## **MODULE 6 (feel free to turn these in or do on your own to keep as your own resources)**

1. Research postpartum resources in your area (general postpartum support; postpartum depression support; breastfeeding support; etc.)
2. Be aware of your breastfeeding knowledge; read/research to increase your knowledge and think about how you would either weave the topic of breastfeeding into your class series (as noted below) or how you might design your own class specific to breastfeeding only

Breastfeeding topic class series example...

Class 1: Discuss ways breasts change in prep for nursing when talking about the physical changes of pregnancy. Importance of supportive partner to breastfeeding success

Class 2: When covering nutrition, touch on the importance of a healthy diet for breastfeeding plus the weight- loss benefits

Class 3: Try an activity...breastfeeding grab bag icebreaker (items for each person to draw out of bag with key descriptive points)

Class 4: Discuss importance of skin-to-skin contact immediately after birth & rooming-in - all things which promote a good start

Class 5: Talk about the possible effects of interventions and medications on breastfeeding

Class 6: Show a video or clip (listed on resource slide); add info. on effective latch, how to know baby is getting enough and support/resources for the breastfeeding mom

## MODULE 7

**\*No homework to turn in; continue to focus on postpartum/newborn care**

Think of ways you could weave the topic throughout your series classes or create a class specific to newborn care

Feel free to connect with me if you are in need of additional newborn care resources, etc.!

## MODULE 8

**\*Again, no homework to turn in...think about & design for yourself ways to incorporate relaxation into your series such as the example below**

- ✗ Class 1: Progressive relaxation + tension awareness; hand massage
- ✗ Class 2: Selective relaxation; autogenic phrases; release to touch
- ✗ Class 3: Massage
- ✗ Class 4: Visual imagery; positive affirmations
- ✗ Class 5: Partners find mother's "hidden tension" + help release it
  
- ✗ Class 6: Review all skills in  
a labor rehearsal

## MODULE 9 (Slide & recording review only; no homework to turn in)

## MODULE 10

**Course Design:** Generate ideas on your own class design...feeling free to email me with outline suggestions for series, weekend &/or refresher classes!

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## Reading + Video REQUIREMENTS...

### Required Reading List:

- Optimal Care in Childbirth: The Case for a Physiologic Approach by Henci Goer and Amy Romano
- The Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia By Penny Simkin and Ruth Ancheta
- Ina May's Guide to Child Birth by Ina May Gaskin

- ☒ The First 8 Days of Being a Mom. How to take care of You as well as your newborn by Gea Meijering
- ☒ Pregnancy, Childbirth, and the Newborn by Penny Simkin, April Bolding etc..
- ☒ Study Guide for Human Anatomy and Physiology: Female Reproductive System, Embryology, Pregnancy and Labor by Dr Evelyn J Biluk
- ☒ The Greatest Pregnancy Ever by Tracy Wilcon Peters and Laurel Wilson
- ☒ The Womanly Art of Breastfeeding by La Leche League
- ☒ The Ultimate Breastfeeding Book of Answers by Dr. Jack Newman
- ☒ The Complete Organic Pregnancy by Alexandra Zissu
- ☒ Raising Baby Green by Dr Alan Greene
- ☒ The Mommy Plan by Valerie Lynn
- ☒ Brighton Baby by Roy Dittman

**Required Video:**

Healthy Pregnancy , Healthy Baby

<http://www.creativelive.com/courses/healthy-pregnancy-healthy-baby-jill-miller>

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\*To remain IMI recognized, and to continue receiving the benefits of an IMI trained professional, students are required to maintain a standard of professional development measured every two years. This consists of *4 easy steps*:

**Step 1:** Earn 25 Professional Development Credits every two years

Professional Development Credits can be acquired many different ways, such as, attending seminars or conferences related to professional development in the maternity industry, participation in webinars that offer educational classes, writing book reports, completing case histories, etc.... 1 hour = 1 professional development credit

**Step 2:** Be covered by current liability insurance

**Step 3:** Obtain CPR certification

**Step 4:** Complete and submit the IMI trained professional renewal form

