

# Virtual Prenatal Class Topics

## Stages of Labor

Review the physiologic changes that take place surrounding labor and the progression of the four Stages of Labor. This is an introduction to the natural processes that occur during labor and a perfect class to take first.

## Medical Interventions in Childbirth:

Procedures and interventions used in childbirth.

- \*BRAIN acronym
- \*Birth Plans
- \*Pain Control options: IV medications and epidurals
- \*Induction and Augmentation of Labor
- \*Types of monitoring
- \*Cesarean Sections (a brief overview)

## Postpartum Recovery

Welcome to the 4th Trimester:

Discuss normal physical, emotional, and role changes that take place following delivery.

- Review comfort measures to take care of yourself postpartum.
- Review Perinatal Mood Disorders and the Baby Blues.
- Begin to think about your own "Postpartum Plan" to care for yourself, baby, partner and other family.

## Natural Comfort Measures:

Discussion of non-pharmacological pain management and relaxation techniques such as breathing, massage, use of positioning (birthing balls, squatting, chairs) and a support person.

## Newborn Basics:

Introduction to some Newborn Basics:

- Appearance
- Stages of Alertness
- Feeding Cues
- Diapering: Normal changes in stool

## Safe Sleep for Infants

We will review the NIH Safe to Sleep Campaign on how to prevent SIDS and other Sleep related injuries/deaths in infants less than a year old.

## Maternal Child Stay:

Learn about the NMCP facility from entry to Labor and Delivery, through the Postpartum Stay, and discharge to home. A modified version of a labor and delivery tour.

## Cesarean Sections:

Learn more in-depth about Cesarean Sections.

- Reasons for C-Sections
- Risks for C-Section
- What happens during the procedure
- Recovery for C-Sections
  - Hospital Recovery
  - At Home Recovery
- Anesthesia used during C-Sections

## New Parent Car Seat Basics

Do you have questions on how to properly fit your child's car seat in correctly? Which is the right car seat? Are you interested in some tips to keep your baby as safe as possible? Join a nationally certified child passenger safety technician for answers. The instructor recommends this class before you purchase a seat to see which options are available to best suit your needs and potentially save money.

**Instructor: Jenni Osborne**, Public Health Educator, CPSTI

## Breastfeeding Basics with Molly Curtis

An introduction to breastfeeding class led by an International Board Certified Lactation Consultant, Molly Curtis. Molly is one of the Navy Marine Corps Relief Society visiting nurses and brings her expertise in breastfeeding to share some basic principles of breastfeeding.

## VBAC/TOLAC

Have you had a prior C-Section? Did you know Vaginal Birth After Cesarean might be an option for women to deliver vaginally? When this is attempted, it is called a Trial of Labor After Cesarean. Dr. Davis, an OB-GYN, will discuss the risks, benefits, and what factors might make you a good candidate or high-risk candidate for **VBAC**.