

Preparation for Birth

9:30am-9:45am *Registration*

9:45-10:15am *What do you want to learn more about?* Clarifying information, discussion, questions and answers

10:15am-10:30am Break- opportunity for group to talk to each other and to ask questions of the educator

10:30am-11:15am *Key information Review*

- Communication
- When to come to the hospital
- What to bring/not bring
- Positions/Mobility
- Breathing and Relaxation
- The birth: pushing, skin to skin, bonding, breastfeeding
- Postpartum

11:15am-11:30am Break- opportunity for group to talk to each other and to ask questions of the educator

11:30am-12:00pm Labor rehearsal: 4-5 ctxs/4-5 positions (use same position no more than twice)

12:00pm-12:30pm Optional walk through tour