

Birthing Basics, LLC  
High Risk/Multiples Class Syllabus  
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This 6 ½-hour long childbirth class is designed to provide the mother and father/birth partner a comprehensive, informative session covering all aspects of childbirth for high-risk and/or multiples births beginning with the last trimester, covering labor and delivery and newborn childcare. Topics in labor and delivery include the newest evidence-based “Mother-Friendly” care for laboring women including: comfort measures, breathing techniques, analgesia, anesthesia, vaginal delivery, assisted deliveries and cesarean section, skin-to-skin contact at delivery for successful breastfeeding. If you have a health challenge that influence your pregnancy and perhaps can alter your plans for birth, we can discuss your special needs after the group class for an additional consultation.

### **Multiples Class Syllabus: (total of 6 ½-hours)**

- **Module 1:** Introduction
- **Module 2:** What to pack
- **Module 3:** The Last Trimester of Pregnancy
  - **Module 3 Exercise 1:** Birth, Breathing and its Importance
- **Module 4:** Anatomy and Physiology
- **Module 5:** Early Labor & Optimal Fetal Positioning
  - **Module 5 Exercise 2:** Early Labor Birthing & Peanut Ball - Exercises & Positioning
- **Module 6:** Active Labor
- **Module 7:** Transition - What does transition look like? What can you expect?
  - **Module 7 Exercise 3:** Massage Points for Active Labor and Transition
- **Module 8:** Stage 2 - Pushing and Delivery of the Baby and Placenta
- **Module 9:** Interventions
- **Module 10:** Cesarean Section
- **Module 11:** Newborn Characteristics and Care

**60 minutes live Q&A session at the end of the weekend, Sunday evening, for Questions and Answers, plus Closeout**

**60 additional minutes of live Q&A to discuss the high-risk factors**