

Birthing Basics, LLC

Class Syllabus

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Cook CounterpressureSM

Comfort Measures Syllabus

Comfort Measures workbook is included in this 2 ½-hour class giving you the latest evidence-based practices and information on non-pharmacological comfort techniques to use in labor. The modules include exercises you can perform.

Class Syllabus: Comfort Measures / 2nd timers (total of 2 ½-hours)

- **Module 1:** Introduction
- **Module 2:** Comfort Measures Overview
- **Module 3:** Early Labor
- **Module 4:** Active Labor
- **Module 5:** Transition
- **Module 6:** Pushing

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