



Childbirth Education for the Christian Family

Childbirth Class Topics



Childbirth in the Bible

- Pregnancy, labor, and birth in the Bible
- Children as blessings
- Birth as a picture of the New Birth



Labor and Birth

- Signs before Labor, Pre-Labor (False Labor) vs True Labor
- Hormones in physiologic childbirth
- Letting hormones do their work
- Positioning for labor and birth
- Dilation, Effacement, Station, Stages of Labor
- Spontaneous pushing
- Benefits of delayed cord clamping and skin to skin
- First breastfeeding



Postpartum and Newborn

- Care of mom and baby after birth and at home
- Postpartum pain management
- Emotional needs of mom postpartum
- Normal term infant—vernix, molding, first diapers
- Behavior of newborn, learning baby's cues
- Newborn procedures, screenings, circumcision
- Safe sleeping, bed sharing

Be Prepared, Not Scared!

Class Options:

- Live, Virtual Classes for 3 evenings or one Saturday
- Live, Virtual Private Classes
- On-demand Class Video Library

Choices, Variations & Interventions

(Benefits and Risks/
Disadvantages)

- Where to give birth—
hospital, birthing center,
home
- Fetal monitoring methods
- Labor induction
- Pain management options
- Variations/complications of
labor and birth
- Interventions
- C/Section
- Getting rid of fear



Comfort Measures

(Non-pharmacologic Pain
Management)

- Evidence for comfort
measures and how/when to
use them
- Well prepared labor
support person
- Relaxation
- Breathing techniques
- Aromatherapy
- Hydrotherapy
- Massage
- Music for relaxation
- Breathing technique
practice
- Relaxation practice



Introduction to Breastfeeding

- Benefits of breastfeeding
- First breastfeeding
- Successful breastfeeding
- Correct latch
- Feeding cues
- Feeding on demand
- Going back to work
- How to know if baby is
getting enough

