

## **Prenatal Class Outline**

### **Class #1:**

- Introductions
- Anatomy of the Pregnant Body
- Labour Support Measures

### **Class #2:**

- Labour Video: “Relaxation, Rhythm and Ritual” by Penny Simkin
- Benefits and Risks of Home Birth and Hospital Birth
- Change of Birth Plans/Technology

### **Class #3:**

- Labour Support Role Play
- Postpartum Period: Newborn Care and Behaviour

### **Class #4:**

- Guest Parents: Discussing their experience and Q&A session
- Breastfeeding
- Postpartum Period: Mom