

# EVIDENCE BASED *Birth*<sup>®</sup>

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## Overview of Class

Some parents asked if we could provide them with an outline of everything that they would be learning. Here is a brief outline of the class!

### Orientation Videos

- How this class works
- Stages of Labor
- Hormones of Labor
- Quiz

### First In-Person Class

- Introductions and getting to know each other
- Set up our upcoming Zoom appointments
- Talk about our biases and beliefs about childbirth
- Describe how labor works
- When to go to the hospital (if you're planning a hospital birth)
- Talk about the power of language
- Talk about the fear-tension-pain cycle
- Preview the toolkit we will be building to manage pain and anxiety
- Learn how to use abdominal breathing, visualization, and affirmations
- Discuss your assignment for next week
- Evaluate today's class

### Week 1 Videos: Evidence Based Care

- Evidence Based Care 101
  - Why Rebecca started Evidence Based Birth<sup>®</sup>
  - Three-legged stool of evidence based care
  - Routine care vs. evidence based care
- Family centered care vs. top-down care
  - What is family centered care?
  - How does the power system work in hospitals and our healthcare system?
  - Name the "tickets out" of the top-down system
- The Golden Ticket
  - Interviewing your provider (and red flags)
  - Research on birth settings
  - Hospital birth
  - Out-of-hospital birth
- Assignment, quiz, and evaluation

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## **Week 1 Zoom Call**

- Your Instructor will present statistics from your local hospitals
- Talk about eating & drinking during labor
- Talk about the evidence on due dates
- Talk about what you learned from the Week 1 videos
- Go over points and discuss your assignment for next week

## **Week 2 Videos: Comfort & Advocacy 101**

- Support and Education
  - Your labor support team
  - Opinions vs. evidence
  - Dealing with family
- Comfort Measures 101
  - Basics of staying comfortable
  - Environment
  - Nourishment
  - Music therapy
  - Gate control theory
  - Mind control (Central Nervous System)
  - Introduction to acupressure
- Advocacy 101
  - Talking with your provider in a prenatal visit
  - Iceberg beneath your words
  - Communication skills for partners
- Assignment, quiz, and evaluation

## **Week 2 Zoom Call**

- Discuss the evidence on big babies
- Discuss the evidence on failure to progress
- Talk about what you learned from the Week 2 videos
- Go over points and discuss your assignment for next week

## **Week 3 Videos: Comfort & Advocacy 201**

- Advanced Comfort Measures
  - Hip squeeze and counter pressure
  - Vocalization
  - Water immersion
  - Additional acupressure skills
  - Epidurals
  - Birthing positions

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- Protecting the perineum
- Advanced Advocacy Techniques
  - The term “allowed”
  - Informed consent
  - Love
  - Last resort advocacy measures
- Assignment, quiz, and evaluation

## **Week 3 Zoom Call**

- Discuss the evidence on Group B Strep
- Discuss the evidence on induction if your water breaks at term
- Talk about advanced comfort measures and advocacy
- Go over points and discuss your assignment for next week

## **Week 4 Videos: Interventions & Birth Plans**

- Typical “bundle” of interventions seen at a hospital birth
  - Using “BRAND” and the concept of a toolkit
  - Interventions that can happen to the top half of your body
  - Interventions that can happen to the bottom half of your body
- Labor Inductions
  - Reasons for inductions
  - Ways to medically induce labor
  - Ways to naturally induce labor
- Cesareans
  - Ways to help prevent preventable Cesareans
  - Ways to have a family-centered Cesarean
- How to start creating your own birth plan
- Assignment, quiz, and evaluation

## **Week 4 Zoom Call**

- Q & A about last week’s videos
- Q & A about writing birth plans
- Practice BRAND
- Go over points and discuss your assignment for next week
- Talk about upcoming labor rehearsal

## **Week 5 Videos: Baby & Breastfeeding**

- Newborn procedures
  - Delayed cord clamping and skin-to-skin
  - Eye ointment and Vitamin K
  - Circumcision

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- Breastfeeding
  - Partner's role with breastfeeding
  - Overview of breastfeeding
  - Latch and positioning
  - Feeding
  - When to get help
- Discussion about creating a postpartum care plan
  - Creating a postpartum care team
  - Physical and emotional changes
  - Identifying postpartum mood disorders

## **Final In-Person Class: "Comfort Measures Rehearsal + 4<sup>th</sup> Trimester"**

- Comfort Measures Rehearsal (bring your doula, if you have one!)
  - Hands-on practice of comfort measures
  - Role play of advocacy scenarios
  - Cheat sheet for the partner
- Q & A about breastfeeding
- Discussion about postpartum and the 4<sup>th</sup> trimester
  - Changes your body will undergo
  - Mental health awareness
  - Self-care
  - Creating a postpartum plan
- Collect prizes and certificates, complete an evaluation

## **Bonus Videos on Newborn Care:**

- Calming a fussy baby
- Sleep safety
- Sleep sanity
- Diapering
- Bathing
- Baby wearing

## **Your weekly assignments will include tasks like:**

- Reading various 1-page handouts from EBB
  - Eating & drinking during labor
  - Due dates
  - Suspected big babies
  - Failure to progress
  - Group B Strep
  - PROM (water breaks before labor at term)
- Practicing relaxation scripts
  - Deep breathing and positive thoughts
  - For the partner

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- Ocean
- Forest
- Fear release
  
- Other assignments will include:
  - Giving and receiving massages
  - Spending time on a birth ball
  - Trying hip squeezes and counter pressure
  - Locating acupressure points
  - Practicing deep breathing and relaxation in the bath/shower
  - Practicing saying your cue words while doing deep breathing
  - Drafting a birth plan
  - Drafting a baby plan
  - Drafting a music playlist for labor