



Informed Birth Course: Module Break Down

Module 1: Preparing for Birth, Mind

Total video time: 34 minutes

-Birth Philosophies & Care Provider Options (14:18)

-The Hormones of Labour, Fear, and the Impact of Relaxation (19:42)

Handouts: 4

-Birth Planning Handout

-Birth Plan fill-out

-Birth Affirmations

-Guided Imagery for Labour

Workbooks: 0

Recommended Resource Links: 1

-Why Hire a Doula? (Wise Womb Birth)

Module 2: Preparing for Birth, Body

Total video time: 42 minutes

-Anatomy and Physiology of Labour (25:01)

-Preparing your body for birth (17:37)

Handouts: 1

-Dilation & Fetal Station Visual

Workbooks: 1

-Anatomy & Physiology Workbook/Answer Key

Recommended Resource Links: 2

-Vaginal Birth: Animated Video

-Safe Exercise During Pregnancy

Module 3: Comfort & Support

Total video time: 40 minutes

-Comfort measures (19:39)

-Birth Partner video (20:22)

Handouts: 2

-Labour & Birth Positions

-Sterile Water Injections

Workbooks: 1

-Labour Support Questionnaire

Recommended Resource Links: 0

Module 4: Early Labour

Total video time: 1 hour & 51 minutes

-Am I in labour? (19:37)

-What to expect in early labour (19:45)

-Pain relief options in early labour (31:05)

-Possible early labour complications: Induction & Augmentation (40:44)

Handouts: 1

-BRAINED for Informed Decision Making

Workbooks: 4

-Signs of Labour Workbook/Answer Key

-What to Expect in Early Labour Workbook/Answer Key

-Pain Relief Options in Early Labour Workbook/Answer Key

-Induction & Augmentation Workbook/Answer Key

Recommended Resource Links: 2

-Evidence on Inducing for Due Date

-Evidence on Natural Induction

Module 5: Active Labour

Total video time: 1 hour & 12 minutes

-What to expect in active labour (24:07)

-Pain relief options in active labour & benefits of water birth (25:00)

-Navigating possible active labour complications: intervention cascade, homebirth transfer and informed consent (22:52)

Handouts: 0

Workbooks: 3

-What to expect in active labour Workbook/Answer key

-Pain relief options in active labour Workbook/Answer key

-Navigating possible active labour complications Workbook/Answer key

Recommended Resource Links: 1

-Epidural Administration video

Module 6: Transition & Pushing

Total video time: 52 minutes

- What to expect in transition (16:01)
- What to expect in the pushing phase & possible complications (36:19)

Handouts: 1

- Testing your knowledge activity: "Where are you in Labour?" scenarios

Workbooks: 2

- What to expect in transition Workbook/Answer key
- What to expect in the pushing phase & possible complications Workbook/Answer key

Recommended Resource Links: 3

- Water birth video
- Homebirth Video
- Hospital Birth Video

Module 7: Cesarean Birth

Total video time: 28 minutes

- What to expect during a belly birth, cesarean prevention, VBAC (28:07)

Handouts: 0

Workbooks: 1

- Cesarean Birth Workbook/Answer key

Recommended Resource Links: 2

- Cesarean Birth Animated video
- WHO Cesarean Birth Recommendations

Module 8: Postpartum

Total video time: 1 hour & 3 minutes

- Immediately after birth and birth of the placenta (24:49)
- Postpartum at home, and life with a newborn (22:07)
- Breastfeeding basics (16:18)

Handouts: 2

- Postpartum Care Plan
- Signs & Symptoms of Postpartum Mood Disorders

Workbooks: 1

- Immediate Postpartum Workbook/Answer key

Recommended Resource Links: 2

- Postpartum Expectations & Bonding (Wise Womb Birth Blog)
- La Leche League International

Bonus: 1

- Course Power Point