

BEFORE BABY SAMPLE CURRICULUM

PART 1: HOSPITAL STAY, WHEN TO GO TO L&D, LABOR BASICS, PAIN MANAGEMENT, POSTPARTUM CARE

Hospital stay preparation

- Includes a comprehensive hospital bag checklist & list of items that the hospital provides

Hospital admission

- When to present to L&D, true versus false labor, hospital admission process & protocols, length of hospital stay

Labor

- A brief overview of the 3 stages of labor (including dilation, effacement and station), labor interventions & pitocin, pain management, epidurals and spinals, vaginal/perineal tearing

Postpartum perineal care & healing

- How to care for yourself post-delivery & understanding physiological responses to delivery; signs & symptoms of postpartum infection; normal versus abnormal bleeding; pain management and medications; postpartum care items

Vaginal and/or cesarean section delivery recovery

- What to expect in the hospital and at home (i.e. pain management, physiological responses to delivery and/or surgery)

Perinatal/Postpartum depression

PART 2: BREASTFEEDING, LACTATION & FEEDING BABY

If you plan to breastfeed your newborn, it will be beneficial to practice setting up your home environment before baby's arrival. Breastfeeding in your house will be different than in a hospital bed. We will work together to prepare you for breastfeeding in your home.

I cover over 30 topics related to breastfeeding, a few examples of the topics covered include:

- Infant feeding options
- Feeding frequency & duration
- Feeding cues
- Feeding on demand (versus on a schedule)
- Classifications of breast milk
- Hormones of lactation
- Establishing and maintaining breastmilk supply
- Manual expression
- Proper positioning, latch and transfer of milk
- Signs of milk transfer
- Signs of satiation
- AAP recommendations
 - Pacifier/bottle use and breastfeeding
- Growth spurts
- Pumping & returning to work
- Soreness, pain, engorgement, plugged ducts & mastitis
- Breastmilk storage guidelines
- Nutrition & hydration
- Sanitizing pump parts & feeding tools

PART 3: BABY CARE BASICS AND ADVANCED NEWBORN CARE

I cover over 40 topics related specifically to baby care, a few examples of the topics covered include:

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| • Crying | • Bathing | • Jaundice | • Vaccinations |
| • Sleep & sleep safety | • Umbilical stump care | • Tummy time | • Injections & medications |
| • SIDS | • Skin care | • Emergency situations | • Baby proofing |
| • Swaddling | • Infection prevention | • Fall safety | • Baby apps |
| • Diapering | • Fever & signs of infection | • Legal documents & insurance | • Local resources |
| • Diaper rash | • Temperature check | • Hospital ID/security for baby | • Childcare |
| • Diaper output | • Weight loss & weight gain | • Screening tests | |
| • Gas relief | | | |
| • Spit-up, reflux | | | |

***This curriculum will be modified to meet your needs and interests.*