

## BEFORE BABY: THE "CLIFF NOTES" SAMPLE CURRICULUM

The "Cliff Notes" version of the comprehensive Before Baby session is an introductory session covering the topics presented below. This session is approximately 3.5 hours in duration (half the duration of the full Before Baby session).

This session focuses on hospital admission, postpartum care, general infant feeding needs and basic newborn care.

### PART 1: HOSPITAL STAY & 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, length of hospital stay

#### Postpartum pain management, perineal care & healing

- How to care for yourself post-delivery & understanding physiological responses to delivery
- Postpartum depression

### PART 2: BREASTFEEDING, LACTATION & FEEDING BABY

- Infant feeding options
- Skin to skin care
- Classifications of breast milk
- Establishing and maintaining breastmilk supply
- Feeding frequency
  - Growth spurts
  - Feeding cues
  - Signs of satiation & proper intake
    - Weight loss/gain
- Milk expression & breastfeeding/lactation/feeding tools
  - Breast pump, manual expression, Haakaa, etc.
    - Cleaning & sanitization
- Soreness, pain, engorgement, plugged ducts & mastitis
- Breastmilk storage guidelines
- Bottle-feeding recommendations
- Burping baby, gas relief, spit-up

### PART 3: NEWBORN CARE

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| <ul style="list-style-type: none"> <li>• Crying</li> <li>• Sleep           <ul style="list-style-type: none"> <li>• Safety</li> <li>• SIDS</li> <li>• Swaddling</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Diapering</li> <li>• Umbilical stump care</li> <li>• Skin care</li> <li>• Infection prevention</li> <li>• Fever</li> </ul> | <ul style="list-style-type: none"> <li>• Screening tests</li> <li>• Vaccinations</li> <li>• Medications</li> <li>• Basic safety tips</li> <li>• Essential baby items</li> </ul> |
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