

BEFORE BABY SAMPLE CURRICULUM

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

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

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; vaginal/perineal tearing, 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

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:

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| <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • Signs of satiation • AAP recommendations <ul style="list-style-type: none"> • 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 |
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PART 3: BABY CARE BASICS AND ADVANCED NEWBORN CARE

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

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| <ul style="list-style-type: none"> • Crying • Sleep & sleep safety • SIDS • Swaddling • Diapering • Diaper rash • Diaper output • Gas relief • Spit-up, reflux | <ul style="list-style-type: none"> • Bathing • Umbilical stump care • Skin care • Infection prevention • Fever & signs of infection • Temperature check • Weight loss & weight gain | <ul style="list-style-type: none"> • Jaundice • Tummy time • Emergency situations • Fall safety • Legal documents & insurance • Hospital ID/security for baby • Screening tests | <ul style="list-style-type: none"> • Vaccinations • Injections & medications • Baby proofing • Baby apps • Local resources • Childcare |
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***This curriculum can be modified to meet your needs and interests.*