



## International Professional Trainings - AGENDA

### Dubai 2021



**Profession:** Lamaze Childbirth Educator

**Certifying body:** Lamaze International

**Dates :** 5 - 6- 7 February 2021: *In-person Childbirth Educator training seminar workshop*

Pre-requisites: None

**Timings :** 9:00am to 6:30pm

**Location :** Dubai - UAE (*exact location to be confirmed in December 2020*)

**Total training hours :** 24

**Trainer:** Elena Carrillo / co-hosted by Shereen Zarroug

#### **Teaching methods:**

Class attendees will be interacting all the time, participating in several learning activities that will include:

- small group work,
- modeling,
- creative expression,
- hands on practice,
- brainstorming,
- demonstration/ return demonstration,
- storytelling,
- role play,
- and much more.



This Lamaze Seminar includes hands-on examples of how to design and deliver childbirth education based on the most current evidence in a way that is appropriate, fun and engaging to millennial families.

## **DAY ONE (5 February 2021)**

### I. Introductions

- A. Welcome to the Lamaze Seminar
- B. Faculty and students introduction
- C. Learning outcomes
- D. Objectives

### II. What is Lamaze: Its Mission, Vision and Philosophy of birth

### III. What does “normal birth” mean

### IV .Introduction of the six healthy birth practices:

- #1.Let labor begin on its own
- #2.Walk, move around and change positions throughout labor
- #3.Bring a loved one, friend or doula for continuous support
- #4.Avoid interventions that are not medically necessary
- #5.Avoid giving birth on your back & follow your body’s urge to push
- #6.Keep mother and baby together

### V. Birth stories to illustrate normal physiological birth

### VI. History of Childbirth Education worldwide and of Maternity Culture in the UAE

### VII. Birth today worldwide and in the UAE

### VIII. Review of significant events in the history of birth

- A. Factors impacting birth practices and breastfeeding

### IX, Healthy eating during pregnancy and guidelines

### X. Safe body mechanics: everyday activities, are they safe during pregnancy?

### X1. Physical exercise guidelines

### XII. Stress management

### X1II. Environmental Considerations

### XIV Research update: “6 is the new 4”

### XV. Emphasis on continuum flow of labor rather than distinct stages

### XVI Hormonal Physiology of Labor



- A. Characteristics, coping measures, and support techniques
- B. Cardinal movements

XVII. Research update and evidence base for the 5th Lamaze Healthy Birth Practice

XVIII. Stage III and research update

XIX. Stage IV

XX. Differences between labor pain and pain associated with injury or illness

XXI. Pain theories

XXII. Evidence-based (Cochrane) non-pharmacologic pain relief for labor and birth

## **DAY TWO (6 February 2021)**

I. Summary of research on benefits of continuous labor support

II. Role of the labor partner and classroom strategies for inclusion

III. Role of a doula

IV The Childbirth Team

V. Breastfeeding Fundamentals

VI. Strategies to promote successful breastfeeding

VII. Infant Attachment

VIII. The Newborn: Routine Procedures, Reflexes and appearance

IX Teaching Strategies to promote infant attachment

X. Post-partum Mother

XI. Lamaze fundamentals of parenting

XII. Physical and emotional needs of a newborn.

XIII Teaching Strategies



- A. To put baby to sleep
- B. To share responsibilities.
- C. For safe co-sleeping.

XIV. Possible conflict situations and solutions

XV. Risk reduction of SIDS

XVI. Common interventions during labor and birth (Advantages and Disadvantages)

XVI. 40 Reasons to wait until 40 weeks.

XVII. ACOG Ob-Gyns redefinition of "Term Pregnancy"

XVII. Cesarean Birth

XVIII. Unexpected outcomes during labor, birth and with the newborn

XIX. The grieving process

XX. Teaching expectant families about informed decision making for a healthy and safe birth

XXI. Lack of transparency in maternity care in the world and in the UAE

XXII The role of the childbirth educator

XXIII. Reliability/strengths of different types of research

XIV. Evidence based research

XV. Evaluating the credibility of information on the WEB

XVI. Incorporating evidence during teaching

### **DAY THREE (7 February 2021)**

I. Describe and evaluate effective teaching strategies for adults

II. Group Dynamics

III. Diverse populations needs

IV. Identifying students starting point

V. Effective strategies for evaluating childbirth courses



- VI. Teaching a Lamaze recommended topic
- VII. Design a childbirth course that incorporates the Lamaze Six Healthy Birth Practices and Lamaze recommended topics using a variety of teaching strategies
- VIII. Elements of a Lamaze Curriculum
- IX. Strategies to increase a woman's confidence in her ability to give birth
- X. Criteria for become certified by Lamaze International and maintaining certification
- XI. The Certification Exam
  - A. Test-taking tips
    - 1. How to study
    - 2. Prep Exam
- XII. Requirements for re-certification
- XIII. Why become a Lamaze member?
- XIV. Professional and ethical responsibilities of a Lamaze Certified Childbirth Educator
- XV. Options for establishing, sustaining and growing a career as a Lamaze Certified Childbirth Educator
- XVI. What's New in the Birthing World?
- XVII. Closing
  - A. Seminar Evaluation
  - B. Closing circle