

## **APPENDIX B CLIENT EDUCATION COURSE CONTENTS**

### **Preparation for Childbirth (S9442)**

- Breastfeeding
- Car safety during pregnancy (safety belts, air bags)
- Signs and Symptoms of pre-term labor
- Anatomy and physiology of reproduction
- Fetal development
- Physical changes during pregnancy and postpartum
- Emotional changes during pregnancy and postpartum
- Teratogens/smoking/alcohol
- Prescriptions and over-the-counter medications
- Maternal nutrition
- Coping mechanisms/comfort measures (exercises relaxation and breathing)
- Prenatal diagnostic procedures, screening, medical interventions
- Common abnormalities during pregnancy and labor
- Medical procedures during labor
- Obstetrical anesthesia/analgesia
- Newborn characteristics
- Infant nutrition
- Birthing options
- Consumer advocacy/rights of clients
- Family-centered care
- History/philosophy of childbirth education/prepared childbirth
- Birth control options following delivery

### **Preparation for Parenting (S9446)**

- Breastfeeding
- Tobacco Dependence
- Growth and development
  - Physical
  - Mental/cognitive/personality
  - Developmental tasks (child, parents, siblings)
  - Infant stimulation needs
- Health and nutrition
  - Age-related nutrition
  - Preventive health care
  - Immunizations
  - Common illnesses
- Safety
  - Home (include toy safety)
  - Car, car seat
- Lead safety
- Sudden Infant Death Syndrome (SIDS)
- Safe Sleeping
- Safe Bathing Practices
- Behavior/discipline
  - Temperament
  - Parental coping skills
  - Non-physical means of discipline
  - Consistency in discipline
- Support
  - Emotional needs/support systems
  - Resources (readings, groups)