



Client Education Course Contents

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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)