Session 1
I. Anatomy & Physiology of Birth
II. Stages of Labor
III. Self-Help Measures
   a. What you can do
   b. What your partner can do
   c. Avoiding/breaking the Fear-Tension-Pain Cycle

Session 2
I. Choices Regarding Medical Intervention in Japan
   a. How to decide whether to accept or decline specific interventions
   b. In depth discussion of 5 interventions:
      1. Electronic fetal monitoring (分娩監視装置)
      2. Induction/augmentation (誘発分娩と陣痛促進剤)
      3. Episiotomy (会陰切開)
      4. Epidural (硬膜外麻酔)
      5. Cesarean section (帝王切開)

Session 3
I. Breastfeeding
II. Post-partum Recovery
   a. Physical recovery
   b. Emotional recovery
   c. Resuming sexual activity