

Childbirth Education Center's Birthing Your Baby Class Outline

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