

OBJECTIVES

Objectives for the Course:

- Define be-ing as it relates to pregnancy.
- Identify at least 2 reasons developing a positive mental attitude for pregnancy is beneficial for the mother and the baby.
- List and describe the three Rs for breaking the habit of negative thinking.
- Suggest at least 3 local places facilitators/parents can access to help relieve trauma and develop a positive mental attitude.
- List at least three benefits of meditation.
- Lead a client through a guided visualization.
- Identify the four steps to conscious agreement and explain them.
- Explain the differences between informed consent and conscious agreement.
- Identify why your relationship to self is the most important relationship of all.
- Define what the sacred circle of support is.
- List one important way having gratitude within your relationships positively impacts pregnancy and the baby.
- Define the term observing as it relates to the prenatal period.
- List at least three key developmental milestones occurring in the baby from gestational weeks 1-3, 3-10 and 10-12.
- Identify at least 5 physical changes typically occurring in the mother during the first trimester.
- Identify at least 10 ways that reducing stress in pregnancy positively impacts the pregnancy, mother and/or baby.
- Describe at least two differences between fight and flight and tend or befriend.
- List the four A's of stress reduction and give a specific real life example of each one.
- Demonstrate the following breathing techniques - Cleansing Breath, Belly Breathing, Diaphragmatic Breath with Sigh, Three Part Breathing and Body Scan with Deep Breathing.
- List at least 2 benefits of smiling and yawning for pregnant women.
- List at least two unique characteristics of heart intelligence. Additionally you will be able to identify the key reason heart intelligence is so important to the developing baby.
- Identify the 6 keystones of positive prenatal nutrition. Additionally you will be able to describe two key elements of each keystone.
- Define and describe at least four holistic ways to treat the following first trimester physical changes: Morning Sickness, Fatigue and Insomnia, Frequent Urination, Skin Changes, Sinus Congestion and Nosebleed.
- Describe the four key concepts to remember when dealing with family members during pregnancy.

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- Specify how the relationships a mother has during her pregnancy can impact her baby; such as those with family, friends, community, co-worker, spiritual support and healthcare team.
- Give a description of the following healthcare providers: Obstetrician/Gynecologist, High Risk OB/ Specialty OB/Perinatologist, Family Practice Physician, Nurse Practitioner, Certified Midwife CM, Certified Nurse Midwife CNM, Certified Professional Midwife, CPM, Direct Entry Midwife, DM, Lay Midwife, Naturopathic Obstetrician, Antepartum Doula, Birth/Labor Doula, Postpartum Doula, Childbirth Educator, Nutritionist/Dietician, Chiropractor, Acupuncturist, Massage Therapist.
- For the medical tests below, you will be able to define the following: when given, how administered, why it is used, and conscious agreement considerations. (Alphafetaprotein AFP, Amniocentesis, Blood Draw, Blood Pressure, Chorionic Villus Sampling CVS, External Fetal Heart Monitoring, Nuchal Translucency Screening, Urine Test, Transvaginal Scan, Ultrasound, and Urine Test)
- Define nourishing as it relates to pregnancy.
- List at least three key developmental milestones occurring in the baby from gestational weeks 13-16, 16-20, 20-24, and 24-27.
- Identify at least 5 physical changes typically occurring to the mother during the second trimester.
- List the primary function of the following regions of the fetal brain - amygdala, hippocampus, hypothalamus, limbic system and dopamine circuit. Additionally, you will be able to describe the main reason healthy development in these brain regions in utero is so important.
- Identify why having a healthy EQ is more important to the longterm happiness of a human than high IQ.
- Define the following hormones and their importance during pregnancy - oxytocin, progesterone, prolactin, vasopressin, beta endorphins and estrogen.
- Explain how a baby in utero begins to develop a relationship with the significant people in the mother's life. Explain why this makes the relationship between the mother and her primary partner so critical to longterm family health.
- Identify the main reason why feeling gratitude for one's partner creates a healthier pregnancy.
- List six common concerns that fathers have during pregnancy (according to The Greatest Pregnancy Ever). Facilitate a discussion about the normalcy of these concerns.
- Suggest two strategies for positive partner communication.
- List at least three reasons why adequate sleep is critical to healthy pregnancy.
- List the four cues that a nap is needed.
- List at least two ways to increase slow wave sleep cycles that are so beneficial for pregnancy.
- Give at least two guidelines to follow when using music to enhance the motherbaby bond.
- Facilitate a discussion on healthy pregnancy and common unhealthy habits, as well as not so obvious habits.
- Suggest at least one strategy for changing unhealthy habits.
- You will be able to define and describe at least four holistic ways to treat the following first trimester physical changes: constipation, cramps, headache, varicose veins, carpal tunnel syndrome, and sciatic pain.
- Define deciding as it relates to pregnancy.
- List at least three key developmental milestones occurring in the baby from gestational weeks 28-32, 32-36 and 36-42.
- Identify at least 5 physical changes typically occurring to the mother during the second trimester.
- Facilitate the creation of a birth vision board.

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- Identify the five myths of labor pain and facilitate a discussion to dispel the myths.
- Identify at least four elements of successful optimal fetal positions and facilitate a demo return demo of four common Optimal Fetal Position exercises. (Distinct OFP Curriculum)
- Identify the eight ways to prepare for labor comfort prenatally and ten ways to increase comfort during labor and birth.
- Identify two key reasons why creating a “labor nest” can help with the labor process.
- List four pros and cons of the use of birth plans
- List four suggestions for families to achieve the birth experience they want.
- Lead a non-biased discussion based on the conscious agreement concept around the following choices parents will have to make about parenting their newborn: Breastfeeding, Skin to Skin, Newborn Medical Procedures, Circumcision, Vaccines and Immunizations, Choosing a Pediatrician, Unexpected Events
- Lead a discussion with the focus on ways to concretely prepare for the following postpartum situations: Nourishment, Seclusion/Babymoon, Communicating Your Boundaries, Housework, The Ideal Nest, Postpartum Help, Siblings, Pets, Sex
- Define Baby Friendly.
- Define Mother Friendly.
- Lead a discussion regarding considerations parents must make about choosing a place of birth involving the following topics: Safety, Comfort, Attendants, Nourishment/Hydration, Privacy, Medical Procedures, Recording Your Birth, Cost
- Identify three ways hiring a doula can benefit a family.
- Define and describe at least four holistic way to treat the following first trimester physical changes: fluid retention, heartburn, restless legs and stretch marks.
- Identify at least 6 factors that increase the risk of preterm labor.
- Identify at least 6 signs of possible preterm labor
- Identify what a pregnant woman should do if she experiences signs of preterm labor.
- Define PMAD-postpartum mood and anxiety disorder and describe how it relates to pregnancy.
- List at least four of each of the following: Physical risk factors of PMAD and Emotional risk factors of PMAD
- List at least four local resources available to mothers experiencing PMAD (can include practitioners, books, and therapy options).
- Describe the role of serath<http://www.mozilla.com/en-US/firefox/central/onin> in relation to the baby’s development and how prenatal nutrition plays a key factor.
- Describe why eating a “rainbow” of foods and exposure to a variety of flavors is so important to the baby’s health in the last trimester.
- Describe baby’s brain growth in the last trimester and why DHA is crucial to healthy development in the brain.

For more information, please contact info@bonduniversityonline.com.