

Educator's Guide Handouts – 2019

Stages of Labor Illustrations (Color)

- Before Labor Begins
- Early Labor
- Active Labor
- Transition
- Pushing

Section I Getting Started

- 14 – Sample Course Design Chart

Section II: Icebreakers:

- 7–Find Someone to Initial the Square...(General)
- 8 – Find Someone to Initial the Square... (Customized)
- 9 – Find Someone to Initial the Square... (Blank)
- 10 – Alphabet Game
- 11 – Terminology Quiz
- 12 –Twenty Questions: Find Someone Who...
- 13 – Your Feeling About...
- 14 – Pain Management Pie
- 15 – Top Ten List

Section III: Evidence-Based Childbirth Education

- 17 – Template for Printing 10 Shared Decision Making Cards

Section IV: Topics

- 12 – Health Recommendations (ACOG)
- 15 – Healthy Eating Quiz
- 16 – Choose My Plate Worksheet
- 21 – Template to Print Kegel Stickers (Avery Labels, 30 per page)
- 25 – Prenatal Perineal Massage
- 55 – “The Hormone is Right” Game Key
- 56 to 57 – 10 Ways to Optimize Birth Hormones
- 95 – Review of Stage One
- 96 – Labor Rehearsal
- 97 – Labor Scenarios
- 100 – Complementary Medicine Strategies

- 120 – Intervention Card Game
- 134 – The Cascade of Interventions
- 135 – WHO Supports the Lamaze 6 Healthy Birth Practices
- 141 – Medical Reasons for Induction
- 142 – Thinking about Induction? (drawing activity)
- 147 – Assessment of Effective Coping in Labor
- 152 – Communication Role-Plays
- 159 – Top 10 (Proven) Ways to Avoid Cesarean Surgery
- 164 – A Mock Cesarean Role-Play
- 190 – Postpartum Support Inventory

Section V: Evaluation

- 3 – Weekly Reaction Form (graphics)
- 4 – Course Reaction Form (graphics)
- 5 – Mid-Course Evaluation
- 6 – Course Evaluation Form (traditional)
- 7 to 8 – Summary of Course Evaluation Forms
- 9 – Labor and Birth Survey
- 10 – Maternity Services Evaluation Form
- 11 to 12 – Childbirth Educator Peer Evaluation Form

Section VI: Special Classes

- 6 – I Remember...?

Section VIII: Appendix

- 12 – Information Sheet for Childbirth Educator (traditional)
- 13 – Please Tell Me a Little about Yourself... (early pregnancy version)
- 14 – Please Tell me a Little about Yourself...
- 15 – Complete These Thoughts
- 16 – Refreshment Sign-ups
- 17 – Please Sign In
- 29 – Evaluation of Prepared Childbirth – The Educator's Guide