

**NEO Perinatal**  
**Bump To Baby And Beyond Course Learning Objectives**

A personalised and flexible course designed around your own information needs and a framework of key topics.

**Week 1**

**The learning objectives of this week are to:**

- Get to know your course leader and other parents-to-be.
- Understand the principles of good antenatal care and education.
- Gain clarity on the role of good personal and antenatal care in ensuring you and your baby's wellbeing after birth.
- Understand foetal and maternal pregnancy screening timelines.
- Develop skills and knowledge to support health and wellbeing in final trimester of pregnancy and how they can help you prepare your body for birthing your baby.
- Learn how to cope with common physiological challenges of final trimester pregnancy.

**Week 2 (birth)**

**The learning objectives of this week are to:**

- Recognise the value of good perinatal and antenatal education, to positive births and early parenting
- Identify your personal information needs
- Understand the anatomy and physiology of birth and how this is relevant to making your labour and birth experience easier
- Make sense of the changes in the uterus during pregnancy that lead to onset of labour
- Understand the role hormones play in birth and their longer term importance
- Familiarise yourself with the potential variety of birth environments and health care professionals you might encounter
- Recognise the onset of normal labour, and the stages
- Understand the role of foetal assessments
- Have confidence in your decisions regarding pain relief
- Learn how to cope with physiological challenges of labour and birth
- Be able to engage effective relaxation techniques yourself
- Birth partner's and father's feelings, worries and the important roles they can play to make a real difference
- How you can be an empowering birth partner and how you can have a truly meaningful role during birth
- Understand the role of midwives, nurses and doctors during the birth process
- Be prepared for if things don't go to plan, knowing your plan B and C and....D....
- Be prepared for the early choices you will need to make for your baby
- Birth Plans and Hospital bags

### **Week 3**

#### **The learning objectives of this week are to:**

-As per learning objectives of week 2, plus:

- What happens immediately after baby is born
- What to expect when you are discharged from hospital
- Your body immediately after
- Appreciate how birth can impact on feeding success.
- Understand how breast and bottle feeding impact on physical and emotional health of you and your baby.
- Understand the key differences between human milk and artificial milk and their significance for health.
- Acknowledge how stress in the early days/weeks can affect feeding and strategies to help reduce this.
- Confident in knowing how to feeding a new-born
- Understand how milk is made and the connections between making milk and mothering
- Understand anatomy and physiology of breast feeding and the power of hormones

### **Week 4**

#### **The learning objectives of this week are to:**

-As per the learning objectives of week 3, plus:

- Birth and instinctive behaviour. The importance of skin to skin contact and the pathway to feeding Importance for all mothers and babies and families
- Know key feeding cues and patterns
- Know how to best support your baby in developing early relationships
- Understand how love shapes a baby's brain. The role of oxytocin in supporting the mother baby relationship.
- Know what effective feeding looks and feels like (practical skills)
- Know what to do when baby won't feed
- Hints and tips on how to cope with reluctant feeders, and attachment difficulty
- Know the value of expressing breastmilk and practical skills in how to express
- Know how to prevent and manage common breastfeeding challenges.
- Understand how to safely bottle feed if breast feeding is not an option
- Understand how to safely formula feed if breast feeding is not an option

Plus mini beauty treatment

### **Week 5**

#### **The learning objectives of this week are to:**

- Prepare for life after birth for mother and baby - up to six weeks
- Know what to expect (impact on your body, the baby and your family) in the first few days and weeks (up to 6 weeks)

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- Gain confidence in caring for your new-born
- Manage expectations and gain a solid understanding of what situations, enjoyment and challenges that may come along in those first hours, days and weeks up to 1 month
- Achieve confidence in how to handle your baby, dressing, nappy changing, cord care, bathing, winding, etc.
- Know where to seek help
- Benefits of baby massage
- Be aware early of the signs and support available for postnatal depression
- Understand normal and realistic baby sleeping patterns and relationship impact, and know how to cope with sleep deprivation
- Increase awareness of your physical and emotional recovery so that you can manage your own expectations
- Understand of 'baby brain'

## **Week 6**

### **The learning objectives of this week are to:**

-As per the learning objectives of week 5, plus:

- Understanding a wealth of often complicated 'advice' out there to inform your personal decisions for the early days of your new family dynamic
- Be confident in making the right choices for you for your own personal, ethnic and social situation
- Feel prepared for your new family
- Have a new social and or support network

Plus, pregnancy yoga session to promote relaxation