



GoMidwife

**Independent Study Course
Childbirth Education**

Course Syllabus

Childbirth Education

All courses with the Global Organization of Midwives (GoMidwife) are designed to further students in their pursuit of maternal-health and community development education. We strive to equip students with an academic and didactic portion of training specific to those planning to work in developing world nations, crisis situations and rural communities. Our courses also compliment those who plan to remain stateside and work in rural communities or in out-of-hospital settings. The expressed goal is to integrate, within each course, academic excellence and thorough information.

Technique will only bear out so far. Foundational skills in midwifery and mother-baby health require a deeper understanding and philosophy on women, life, pregnancy, birth and its design. In this course a foundational understanding will be laid to understand that childbearing is both perfectly designed and a natural process. Women were created and women were created to give birth. We must return to the original intent and design to see a greater impact worldwide on positive birth outcomes. Prenatal care is what happens to a woman in between each visit to their care provider and women must be equipped and educated to care for themselves and their growing baby. Birth is not only physical, but it is also a psychological and spiritual process with each birth being unique and not one ever the same. The approach then, must be individual. Normal varies. Our approach to childbirth as care providers, and the woman's approach to childbirth in emotional and mental preparation, can make all the difference. Maternal health and childbearing is personal, intimate and private, yet affects the family as a whole and the community at large.

Credits: 3

Prerequisite: None

About This Course

Childbirth Education is a course designed to teach prospective parents about their pregnancy and the upcoming birth of their child. You will learn what it takes to be a teacher, trainer, and mentor to pregnant mothers and help them have the healthier and safer births they both need and want. By the end of the course you will understand not only how to write curriculum but you will also have developed your own training materials. The ability to train adults generally and pregnant women more specifically will give you tools to communicate more effectively and use various learning styles to educate families.

Objectives and Competency

Upon the completion of this course and the subsequent requirements students will demonstrate proficiency in the following:

Will recognize the spiritual, historical, cultural, socioeconomic and worldview ideology which shapes the health of women and children globally.
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Will take larger and holistic contexts across the both the social and political spectrum to understand how culture and diversity affects the community at large as well as the women and children within that community.
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Will be able to provide both a felt-needs and comprehensive assessment overview of the maternal health aspects within a community.
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Will grasp the different health needs of a target group and community through case study and scenario approaches.

Will understand different research techniques used in the study of maternal health issues globally.

Will be able to make informed arguments surrounding the most prominent issues facing maternal health at the international, regional, and community levels.

Will be able to trace basic tenets of public policy to outcomes through approaches such as research, interviews, news stories, and national and international organizational stances.

Required Materials:

Childbirth Educator Manual by GoMidwife

Recommended Materials:

- *A Child is Born* by Lennart Nilsson
- *The Thinking Woman's Guide to a Better Birth* by Henci Goer
- *Ina May's Guide to Childbirth* by Ina May Gaskin
- *Gentle Birth Choices* by Barbara Harper and Suzanne Arms
- *The Everything Pregnancy Nutrition Book: What To Eat To Ensure A Healthy Pregnancy* by Kimberly A. Tessmer
- *The Baby Book* by William and Martha Sears
- *The Ultimate Breastfeeding Book of Answers* by Jack Newman and Teresa Pitman

Position and policy papers, statements of national and international organizations, and other internet resources as may be required in assignments.

Assignment Policy

All written assignments should be turned in via email attachments and submitted to: **gomidwife+assignments@gmail.com** with your name, the course name and assignment number in the subject line. Accepted formats include .doc and .pdf only. No other formats will be accepted, should not be emailed and, if they are received, will be returned to the student without grade or comment. All assignments should be emailed to the instructor no later than midnight on the date due if a due date is noted. Late assignments may be penalized or not accepted at all depending on the seminar instructor or facilitator. The formatting for papers should be 12 point font with one inch margins and either Times New Roman or Arial fonts used. All citations may be footnoted, end noted, or used with in-text citations following the Harvard citation style. You will find information on this citation style at <http://guides.is.uwa.edu.au/harvard>. You may likewise use the Harvard citation engine at <http://www.harvardgenerator.com/>.

Grading Policy

This course requires a minimum 80% passing grade status. Failure to complete assignments will incur a failing grade. A grade below 80% will necessitate repeating the course. When repeating any course, the student is required to retake all aspects of the course including the required written work and a new course fee will be required.

I understand the Assignment and Grading Policy and agree to abide by it to the fullest.

Student Signature

Date

Admin. Initials

Academic Honesty and Integrity

The independent study program allows work to be completed outside of a formal classroom. This provides the opportunity for students to work at their own pace and without the limitation of commute or relocation. Students choosing independent study have selected to partner with our institution in order to receive the education they desire. Independent study participants must take more self-responsibility in their education. Academic integrity within the independent study program is even more vital than in a formal setting with direct student oversight. All work submitted must be timely, accurate, quality and the work of the enrolled student and no other. Students in this program must value honesty, excellence and self-government. As a participating student in courses provided by GoMidwife you are expected to maintain the highest standards of both academic honesty and integrity. Our standards are as follows:

Honesty

All students should strive for excellence in their work. Honesty is the forerunner of excellence. All work submitted by students should be upright and ethical in nature. Work should be of their own hand, researched and completed to the best of their ability. No submissions, didactic or otherwise, should knowingly be submitted where academic honesty has been forfeited.

Plagiarism

Plagiarism is a serious offense. Plagiarism is the theft of ideas and words, and is an act of fraud. Intentional or otherwise, plagiarism uses someone work, who is not you, as your own work and thought process without correct and proper citation or acknowledgment. Plagiarism is deceptive and dishonest and will not be tolerated. All work submitted in this course, or any course with GoMidwife, must be original work or properly cited. Visit www.plagiarism.org to

learn more on plagiarism and how to avoid it. You are responsible for your work.

Should academic dishonesty, plagiarism or falsification be found full autonomy is given to the professor(s) and facilitator(s) of each course and discretion in determining the outcome of the student will be determined with the oversight board. Censure and dismissal from the program and forfeiture of all certifications, degrees and academic credit(s) may result.

Neither GoMidwife nor Pontus University are responsible for the outcome of this course of study. This is an independent study course and students are solely responsible for the material, completion of assignments and implementation of the knowledge provided within. We will work tirelessly to help you achieve your goals, but the onus of completion and retention is upon the student. Refunds will not be granted one course material are rendered. Extensions may be filed for an additional fee.

I understand the Academic Integrity Policy and agree to abide by it to the fullest.

Student Signature

Date

Admin. Initials

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Assignment 1

Part 1

Read pages 1-29 in the *Childbirth Education Manual* and then complete the following exercises:

- p. 15 Explore More
- p. 17 Explore More
- p. 28-29 Enrichment

Part 2

We want to now begin examining the way that childbirth education has influenced the birth experiences of women. This will often give us insights into how and why we reach women during their pregnancy and the ways it affects them physically, emotionally, and spiritually. To accomplish this you will need to speak to those that have given birth and then seek to understand how their childbirth education experiences (or lack of childbirth education) affected them. You will need to find three women that have given birth and discuss with them their experiences with childbirth education. Did they attend a class? If they did not, do they think it might have helped them be more prepared? If they did, how did it help them? What would they have wanted to learn more about in their classes? Ask for stories about the birth or their pregnancy in general that having a childbirth education class helped or, conversely, what would it have helped them understand or deal with? Take these responses and combine them into a three-part report with each part covering the experiences of one of the women. Finally, tell what you learned from them about how you can be a better childbirth educator and what you might need to incorporate that you wouldn't have otherwise thought about.