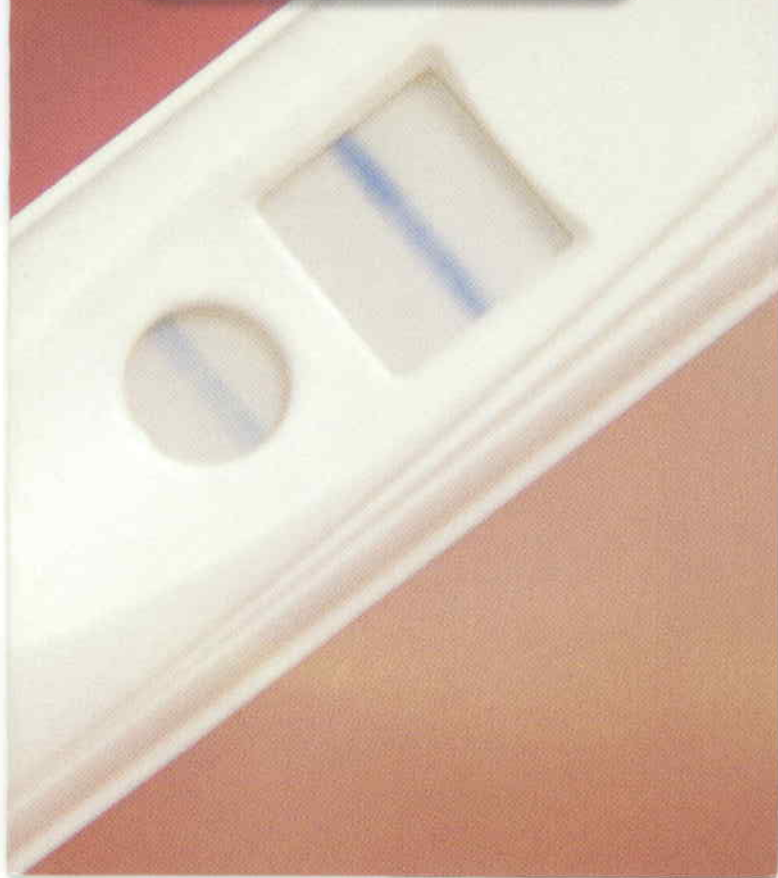




L.A.M.B.
Labor And My Baby[®]



What is LAMB?

LAMB – Labor And My Baby is a new curriculum that combines prepared childbirth education with parenting education.

Why a combined program?

LAMB delivers significant support to expectant parents during the final months of pregnancy, when they are anticipating childbirth and preparing for the arrival of a new baby in their home.

How does it work?

LAMB combines traditional childbirth education with a non-traditional parenting curriculum that highlights new baby care techniques; identifies typical stressors and possible solutions; examines parenting styles, beliefs and expectations; and prepares parents for the lifelong challenges of parenthood.

LAMB works best when taught by a team of two instructors – a certified childbirth educator and a trained parent educator – who share compatible nurturing parenting philosophies.

How long is it?

LAMB was designed as a 12-week program but can be easily adapted to a 10 to 15 week format. Sessions typically run 2½ hours and focus equally on the childbirth and parenting education.

What are the program goals?

- Provide a well-rounded program that encourages parents to take a positive, nurturing approach to childbirth and parenting.
- Offer a flexible curriculum that can be adapted to different audiences and settings. The focus is on providing positive parenting skills during the prenatal period. Audiences include but are not limited to obstetricians' or pediatricians' offices, health departments, hospitals, teen clinics/programs, schools or churches.
- Establish an environment in which new parents can identify and develop long-term support systems and resources.

- Use a variety of means to offer an opportunity to improve mother and her partner the opportunity to improve communication skills and enhance mutual trust. Participants then can build on this foundation of teamwork, not only in labor and delivery, but also throughout their years as parents.

What is included in the LAMB curriculum?

The LAMB curriculum is packaged in a 3 ring binder and is color-coded for easy use. It includes:

- A table of contents
- Detailed class instructions for each session
- A master supply list
- Separate supply lists for each session
- A comprehensive resource list with suggested videotapes, cassettes and CDs. The list includes contact information for each product.
- Handouts are conveniently provided at the end of each session.

How are the sessions formatted?

Each session includes the following:

- A supply list
- Parent Points – key points the parent educator will cover during the session
- Opening Activity – A start-up activity to engage participants and help them become more comfortable with one another.
- Labor Lessons – the lessons the childbirth educator will cover during that session
- Home Review – the week's "homework assignment"
- Session Feedback Forms – for the class to fill out and turn in at the end of each session
- Group Huddle – a football-type huddle used as an affirming exercise to conclude each session.
- Handouts – located in the back of each session

Session 1: Birth:

A Time of New Beginnings
Introductions and Welcome
Opening Activity: Ice Breaker
Overview of Childbirth Preparation
Pre-Assessments
Discussion of Nutrition and Food Pyramid
Nutrition Video
Labor as an Athletic Event
Introduction of Prenatal Exercises
Home Review/Session Feedback Forms
(Group Huddle)

Session 2: Nine Months of Nurturing
Opening Activity: Expectant Parent Hunt/
New Parent Bingo
Home Review/Session Feedback Forms
Relating Pregnancy-Related Discomforts
Myths and Fears About Pregnancy and
Childbirth
What is Labor?
Warning Signs that Require Attention
Relaxation and Labor Practice
Home Review/Session Feedback Forms
Group Huddle

Session 3: Transitions
Opening Activity: Information Swap
Physical, Emotional and Social Changes
During Pregnancy
Developing Positive Attitudes and
Nurturing Skills

Session 4: Bonding with Baby . . .
No Time Like Now!
Opening Activity: Positive Team Building
Names and Self-Esteem
Early Labor
Stages of Labor Video
Relaxation and Labor Practice
Home Review/Session Feedback Forms
Group Huddle

Session 5: Childbirth I: Here We Go!
Opening Activity: The Sponge Theory
Needle Bank
Nurturing Discussion
Active Labor: Stage I
Relaxation and Labor Practice
Home Review/Session Feedback Forms
Group Huddle

Session 6: Childbirth 2: Almost There
Opening Activity: What is Stress?
Stress and Expectations
Defeating Stress
Managing Anger
Shaken Baby Video
Transition

Session 7: Childbirth 3:
Opening Activity: Develop
Childbirth Techniques for B
Infant Visualization Exercises
The Birth Process: Pushing
Pushing Positions
Labor Practice
Relaxation
Visualization Exercises
Home Review/Session Fee
Group Huddle

**Session 8: Myths About
and Spoiling**
Opening Activity: Who's W
The Concept of Spoiling
Can You Spot A Crying B
Needs and Self-Esteem
Shaking, Spoiling and H
Spoiling: A Summary
Nurturing Behaviors and
Myths About Spoiling
Instructor's Activity: Show
Pain and Medication
Understanding Interventi
Induction and Augmental
Relaxation and Labor Pra
Coping With Back Lal
Home Review/Session Fe
Group Huddle

**Session 9: In Touch w
Opening Activity: Memor
The Meaning of Touch
Activities to Integrate To
Final Thoughts on Touch
Making Restive Choices
(Ceasefire Birth Video
Ceasefire Birth Video
Relaxation & Labor Pract
Home Review/Session Fe
Group Huddle**

**Session 10: Taking Ca
Opening Activity: The Al
Newborn Care
When To Call the Docto
Car Seat Safety
Home Safety
Feeding Your Baby: the F
Brest and Bottle Feedin
Relaxation & Labor Pract
Home Review/Session F
Group Huddle**

**Session 11: Taking C
Catch-Up Class
Opening Activity: Life A
Family Adjustment Vide
Respiration Changes an
Relaxation and Labor P
Home Review/Session f
Group Huddle**

**Session 12: Graduat
Celebrating Life!
Opening Activity: Lifes
Life as a Family
Mock Labor Scenario
Post Assessments
Reunion
Celebration and Gifts
Parenting Video
Group Huddle**