

Shafia Monroe Consulting Childbirth Education Training Details

Training Goals:

The Goal of the SMC Childbirth Education Training is to certify attendees with perinatal education, as childbirth educators, with skills to teach childbirth preparation class to serve families in King County, WA. Applicants are required to be WA State residents.

Objective:

1. To explain the history of childbirth education in the USA
2. To recite the teaching styles
3. To demonstrate childbirth education teaching

Training Schedule:

Date(s): September 19th - December 31st, 2022.

Site Location: Virtual, Online.

Site Address: www.smcdoulas.com

Site Access: Attendees can access the training site on September 19th, 2022.

The course weeks of the training are as follows:

Actual Dates of training is TBA – The following information is when the sessions will occur

- 1) Session One: Sep 20th – 25th, 2022:
 - Meet and Greet
 - Training Overview
 - Preparing to be an SMC Childbirth Educator
 - The history of childbirth education in the United States
- 2) Session Two: Sep 27th – Oct 2nd, 2022:
 - Pre-Natal Health – Physical
 - Medical terminology
 - Pregnancy care and cultural competency
- 3) Session Three: Oct 4th – 9th, 2022:
 - Emotional and Relationships
 - Birth Plan
 - Socio-economic status and perinatal health
- 4) Session Four: Oct 11th - 16th, 2022:
 - Preparing for Labor
 - What is labor
 - Signs of labor
 - Labor management
- 5) Session Five: Oct 18th – 23rd, 2022:

- Labor and Delivery
- Physiological birth and medicated birth
- Where, When, How and with Whom to birth

6) Session Six: Oct 25th – 30th, 2022:

- Postpartum Health
- The Fourth Trimester
- Baby Blues and Maternal Depression

7) Session Seven: Nov 1st – 6th, 2022:

- Postpartum Health II - Getting to know, care for, and feed baby
- Baby bonding
- Breastfeeding
- Bottle feeding
- Resources

8) Session Eight: Nov 8th – 13th, 2022:

- Development as an SMC Childbirth Educator
- Creating your business
- Know your audience
- Marketing and fees

9) Project Time: Nov 15th – 20th:

- Prepare to teach
- Creating a lesson plan

10) Thanksgiving Break: Nov 21st – 27th, 2022

11) Project Time: Nov 29th – Dec 4th, 2022:

- Video and teaching demonstration

12) Project Time: Dec 6th – 11th, 2022:

- Video and teaching demonstration

13) Project and Exam: Dec 13th – 18th, 2022:

- Send in video and take quiz

14) Holiday Break: Dec 19th – 23rd, 2022

15) Graduation: December 29th, 2022

11:00am – 12:30pm PST