

## REQUIREMENTS FOR COMPLETION

Students have two years from the date of registration to complete all the program requirements. A 3-month extension can be requested one month before your completion date at a cost of \$150.00

### ONLINE STUDY MODULES

This program consists of 22 online modules that will cover the core content knowledge that is required to be an effective childbirth educator. Each module will consist of:

- The objectives for the module
- The topics that will be covered
- The required reading and resources
- The required assignments

The modules vary in length depending on the number of topics that fall into that subject area.

### ASSIGNMENTS

There are two types of assignments for most modules.

- **Core content:** These assignments will lead you to discover the information about pregnancy, birth, breastfeeding, and postpartum that an instructor needs to have credibility and to feel confident to teach excellent, evidence-based prenatal classes.
- **You, the Educator:** These assignments will help you to develop teaching tools, strategies and scripts you will need for your teaching practicum and beyond. By the end of the modules, you will have given thought to teaching many different topics in childbirth education and will have prepared to teach them.

### MENTORING

One on one mentoring makes this online course unique. Your assignments are submitted online and while these assignments will not be graded you will receive comments and encouragement. You can ask questions and ask for clarification as we continue a conversation about birth.

### ASSESSMENT

There will be one midterm after Module 8 and a final exam. Final exam can be taken once the modules are finished. A proctor is required for the final exam.

## REQUIRED READING & RESOURCES

The required reading and web resources have been carefully selected to give you the most up-to-date, evidence based information possible. It is important that you read/watch this information before starting the assignments and use them as resources when completing the assignments. (Even if you feel you can do the assignments without the reading). Each module directs you to specific pages or web sites where the up-to-date evidence based material required to properly complete the assignments is found.

## BIRTH OBSERVATIONS – THREE BIRTHS

There is no substitute for being present at an actual labour and birth. Each mother, family and labour is different and you will gain insights that you cannot get from watching videos.

## TEACHING SKILLS WORKSHOP

When you have completed the modules, (or have substantially completed them) you will be ready for the Teaching Skills Workshop. This workshop will take the core content you have learned and give you the skills to present it in an engaging, interactive and reassuring way. This workshop should be taken prior to your teaching practicum. **Reminder: This workshop is required to be completed and has a separate fee**

## PRENATAL CLASS OBSERVATIONS – ONE 12 HOUR SERIES OR EQUIVALENT

Observing an experienced educator lead her class will help to prepare you for your teaching practicum. Ideally, you would observe the instructor who would later be your mentor for your teaching practicum.

## TEACHING PRACTICUM – 11 TOPICS

The teaching practicum gives you the opportunity to teach and learn guided by an experienced educator. Throughout the modules you will be creating your own scripts and activities for various prenatal class core content topics. From these you will create lesson plans for your practicum. This will prepare you to present these topics in a prenatal class series under the guidance of a mentor instructor. The mentor instructor will also provide constructive feedback to help you improve your teaching and class management.

## FINAL EXAM

The final exam will assess your knowledge and mastery of the core content knowledge required to provide quality prenatal education.

## CERTIFICATE OF COMPLETION

When you have completed the program, you will receive a certificate of completion from Douglas College.



Douglas College Childbirth Educator Program – Assignment Outline		
Units	Modules	Assignments
Unit 1 – Getting Started	Module 1 – Start Here	-
	Module 2 – You, The Educator	Mission and Philosophy
		Ethics
		Language
		Evidence Based Teaching
Module 3 – Giving Birth in Canada	Giving Birth in Canada	
Unit 2 – Pregnancy	Module 4 – Anatomy & Conception	Reproductive Anatomy
		Conception
		Assisted Reproduction
	Module 5 – Fetal Life	Fetal Life
	Module 6 – The Pregnant Parents	Physical & Emotional Aspects of Pregnancy
		Routine Prenatal Care
		Prenatal Screening & Testing
		Pregnancy Complications
	Module 7 – Healthy Pregnancy	Nutrition
		Exercise
		Smoking
		Alcohol
		Recreational Street Drugs
		Medication
		Illness
		Herbs
		Personal Issues
	Safety at Work & at Home	
	You, the Educator	
Unit 3 – Birth	Module 8 – Physiologic Birth	Physiologic Birth
	MIDTERM	
	Module 9 – Fear, Anxiety & Pain	Fear, Anxiety & Pain
	Module 10 – First Stage	First Stage
		Comfort and Coping
	Module 11 – Second Stage	Second Stage
	Module 12 – Challenges of 1 <sup>st</sup> Stage	Challenges of 1 <sup>st</sup> Stage
	Module 13 – Challenges of 2 <sup>nd</sup> Stage	Challenges of 2 <sup>nd</sup> Stage
	Module 14 – Risk & Decision Making	Risk & Decision Making
	Module 15 – Cesarean Birth	Cesarean Birth
Module 16 – Special Circumstances	Special Circumstances	

Unit 4 – Postpartum	Module 17 – Third & Fourth Stage	Third & Fourth Stage	
	Module 18 – Challenges in the Third & Fourth Stage	Challenges in the Third & Fourth Stage	
	Module 19 – Infant Feeding	Infant Feeding	
	Module 20 – Life with Baby	Caring for Baby	
Caring for Yourself			
Perinatal Depression			
Unit 5 – You the Educator	Module 21 – Teaching & Learning	Teaching & Learning	
	Module 22 – Lesson Plans & Practicum	Lesson Plan #1	
		Lesson Plan #2	
		Lesson Plan #3	
		Lesson Plan #4	
		Lesson Plan #5	
		Lesson Plan #6	
		Lesson Plan #7	
		Lesson Plan #8	
		Lesson Plan #9	
		Lesson Plan #10	
Lesson Plan #11			
Final Exam			
Teaching Skills Workshop			
Birth Observations	#1		
	#2		
	#3		
Prenatal Class Observations	#1		
	#2		
	#3		
	#4		
	#5		
	#6		

Responsible Document Owner: *CE Perinatal Program*  
Created/ Revision Date & Document Version #: *February 2022*