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Birth From Within® Course Curriculum:

Physiology of labour
Positions in labour
How the pelvis shape shifts
Labor support methods

Birth fears
Informed Consent
Ecology of the Birthplace
Obstetric symbols
Cesarean birth in Awareness
Birth Art exploration

Early labour
Prodromal Labour
Water breaking
When to call/go to the hospital
Making labour stronger
Induction
Augmentation
Active labour
Gate of Doubt
Back Labour
Embracing Unwished for Surprises

Pushing and Birthing:

Baby's Arrival
Birthing positions
Gentle pushing with crowning
Tearing, Episiotomy & Healing
Placenta Delivery & Customs

Fathers & birth companions:

Concerns
Labour Etiquette
Doula's role
Taking Care of yourself
'Making decisions' role play
Newborn tests and procedures

Post Partum Adjustment & Healing:

Traditions
Perineal care
Immediate recovery
Post-partum healing
Couple's expectations
Adjustment to parenthood
Postpartum planning
PPD Warning signals

Baby care basics:

Bathing
Swaddling
Infant Soothing
Cord Care
Breastfeeding 101
Nursery routines & decisions

** The above summary is only a course curriculum guideline. It does not convey the additional Birthing From Within processes of labour and birth preparation experienced in this course.*