

Outline Format for Certification or Recertification

Use this form to list the topics that are taught in your one day class or weekly series of classes. If your outline already follows this format, you can copy and send it, including the objectives and methods of presentation. Otherwise, use this form - make additional copies as needed. You can download a blank copy of this form [here](#).

THE FOLLOWING IS AN EXAMPLE OF A FIVE WEEK SERIES OF CLASSES.

BEHAVIORAL OBJECTIVE	CONTENT (BRIEF OUTLINE)	METHOD OF PRESENTATION
<p>(Write 4 for the one day class or 2 for each class in a weekly series)</p> <p>Class #1</p> <ul style="list-style-type: none"> Describe the nutritional needs of a pregnant woman. Demonstrate slow chest and abdominal breathing. <p>Class #2</p> <ul style="list-style-type: none"> Identify physical and emotional signs of labor. Demonstrate 3 kinds of touch for labor. <p>Class #3</p> <ul style="list-style-type: none"> Demonstrate 3 pushing positions. List advantages and disadvantages of no meds and pain meds. <p>Class #4</p> <ul style="list-style-type: none"> List 3 reasons for a cesarean Identify 5 changes that occur during postpartum. <p>Class #5</p> <ul style="list-style-type: none"> Demonstrate the 5 S's for calming a crying baby. Demonstrate a good latch for breastfeeding. 	<p>Include each topic that you teach.</p> <p>Introductions Nutrition Exercise Discomforts Warning Signs Playing with Baby Breathing Progressive Relaxation</p> <p>Labor Breathing Massage Labor Practice</p> <p>Birth and Pushing</p> <p>Placenta Birth Options Comfort Measures Pain Medications</p> <p>Cesarean Postpartum Tour</p> <p>Infant Care Normal Newborn Care at Home Breastfeeding Bottlefeeding Crying Illness Safety Labor Review and Practice</p>	<p>(Discussion, demonstration, lecture, role-play, handouts, video, poster, speaker, models, etc.)</p> <p>Name Tag Game Lecture, chart, diet record sheet Demonstration Handout, discussion Handout, discussion Discussion and chart Demonstration, music, practice Demonstration, music, practice</p> <p>Lecture, discussion, chart, video, handout Demostration, practice, music Demostration, practice, music</p> <p>Roleplay with massage, walking, ball, lunge, knee press, hip squeeze Lecture, demo, practice, video Lecture Handout, discussion Discussion and practice Lecture, video, discussion</p> <p>Lecture, roleplay, video Discussion, bag Discussion, roleplay positions in the room</p> <p>Lecture, charts, discussion, video, handouts, roleplay demonstration</p> <p>Top 10 list of things to remember, roleplay</p>