

## **CHAPTER 1**

- Introduction and Registration
- Fetal Development
- Physical and Emotional Changes
- Signs of Pre-labour
- Prenatal Tests and Health
- Nutrition
- Relaxation

## **CHAPTER 2**

- Pain and Pain Theories
- Onset and Stages of Labour
- Comfort Measures
- Labour Positions
- Relaxation and Breathing

## **CHAPTER 3**

- Pain Management
- Medical Interventions During Labour
- Caesarean Sections
- Birth Plans
- Relaxation and Breathing

## **CHAPTER 4**

- Breastfeeding
- Relaxation and Breathing

## **CHAPTER 5**

- Post-partum Physical and Lifestyle Changes
- Newborn Procedures, Appearance and Communications
- Relaxation and Breathing



*\* Order subject to change.*