

# BUMP, BIRTH & BEYOND

## Course Outline

### Welcome

- Hello from Nikki
- How to use this course
- An important note before you continue

### your midwife

- Welcome
- I am your midwife

### looking after bump

- Nutrition
- DOWNLOAD: Your Eating During Pregnancy Guide
- Exercise
- DOWNLOAD: Exercise and pregnancy
- Pelvic Floor
- Sleep during Pregnancy
- Antenatal Mental Health
- Perineal Massage

### tests + vaccinations

- Tests and Vaccines
- DOWNLOAD: Protecting Mama & Bub

### bonding with bump

- Bonding With Bump
- Ways for Co-pilot to Bond With Bump
- Ways for Family to Bond With Bump
- DOWNLOAD: Bonding with bump

### baby's movements

- Trigger warning
- Baby's Movements
- Movements - What To Do

### pregnancy symptoms

- Normal Symptoms
- Alarm Bells

### antenatal expressing

- Antenatal Expressing
- DOWNLOAD: Antenatal Expressing

### expectations

- 'Gold Standard' Birth
- Due Dates

### advocating

- Confidence to Advocate

### co-pilot guide

- What Mama is Going Through
- Empathy and Support
- What to Take to Hospital
- Be Her Advocate
- PND for Dads
- Using a Doula
- Counting Contractions

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### mindset

- Role of Mindset
- How to Think About Pain
- The Role of Fear
- Self-hypnosis
- Affirmations
- Use of Language

### birth environment

- At Home
- When to Go to Hospital
- Feeling Safe and Secure
- Music
- Scents
- DOWNLOAD: Hospital Bag Packing Checklist

### positions of baby

- General Anatomy
- Fetal Positions
- ECV

### what's going to happen

- Oxytocin
- Endorphins
- Adrenaline
- What is a contraction?
- What is dilation?
- Stages of Labour
- DOWNLOAD: Stages of Labour

### pain

- Pain 101
- Movement And Positioning
- Distraction Techniques
- Massage
- Breathing Techniques
- Visualisation
- Heat
- Bath, Shower & Pool
- TENS
- Sterile Water Injections
- Gas with Dr Joe
- Opioid with Dr Joe
- Epidural with Dr Joe

### it's happening

- First Signs of Labour
- When To Call Your Care Provider
- Early Labour (Stage One)
- Active Labour (Stage One)
- Waters Breaking
- Support During Labour

### transition

- Adrenaline during Transition
- Transition
- Regroup and Reset
- Your Toolkit

### pushing

- Urge to Push
- A Primal Shift
- Coaching (or not)
- Option to Touch Head or Use a Mirror
- Pushing and Birth (Stage 2)
- Pooing During Birth

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### interventions

- Cascade of Interventions
- Vaginal Examination **with Dr Joe**
- What if I need an induction?
- Fetal Monitoring
- Vacuum and Forceps **with Dr Joe**
- Episiotomy **with Dr Joe**
- Why are interventions used? **with Dr Joe**

### Caesarean

- Planned Caesarean Section **with Dr Joe**
- Emergency Caesarean Section **with Dr Joe**

### Advocacy

- Decision Making
- Informed Consent
- Your Right to Ask Questions
- Speak Up
- DOWNLOAD: The BRAIN Acronym

### meeting your baby

- What Happens When Bub is Born
- The Golden Hour
- Tests & Injections
- Skin to Skin
- First Feed
- Synthetic Oxytocin
- Delivering the Placenta (Stage 3)
- Umbilical Cord
- Stem Cells
- Placenta Encapsulation

### mama post-birth

- Bleeding & Perineum
- Stitches
- Caesarean aftercare
- Sweating & Three Day Blues
- First Wee & Poo After Birth

### birth planning

- DOWNLOAD: Questionnaire
- DOWNLOAD: C-section Birth Plan
- DOWNLOAD: Vaginal Birth Plan

### postpartum plan

- DOWNLOAD: Postpartum Plan

### The 4th trimester

- The First 24 hours
- Fourth Trimester
- Adjusting to Parenthood
- Creating a Daily Routine

### feeding baby

- Breastfeeding
- Breastfeeding Challenges
- Expressing Breastmilk
- Bottle Feeding

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### baby sleep

- Safe sleep

### baby cues + settling

- Settling

### swaddle, bath + nappies

- Swaddling
- Bathing
- Nappy Changes

### sex after birth

- Sex After Birth

### pnd + emotional health

- PND + Emotional Health

### sign off

- Goodbye for now
- Exclusive discount code for baby first aid course

over 100 videos  
over 6 hours of content  
access straight  
away, go at your  
own pace

