

Active Birth Two Day Workshop

Presenter: *Jane Palmer*

Program

NOTE: Workshop times may vary with different locations and venues. Please check starting times on your registration confirmation email.

Day one	
Time	Topic
9:00 a.m.	Introductions "What is an active birth?"
	A 15 minute break will be taken during this session
11.00 a.m.	<ul style="list-style-type: none"> • Communicating active birth ideas to parents • Empowering and motivating parents towards normal birth • Learning about the pelvis
12.30 p.m.	LUNCH
1.30 p.m.	Utilising the innate capacity of the pelvis, as a midwife
2:30 pm	Learning about pain in labour
	A 15 minute break will be taken during this session.
3:15 pm	Strategies for enabling normal births in hospital settings
3.45 p.m.	DVD
4.30 p.m.	Close

<h2>Day Two</h2>	
9:00 am	Creating safe environments for birth
11:00 am	Self-help ideas for the first stage of labour: <ul style="list-style-type: none"> • Positions • Use of water • Other comfort aids
	A 15 minute break will be taken during this session.
12:15 pm	The role of the midwife in a hospital setting: managing observations, acting as an advocate.
1:00 pm	LUNCH
1:30 pm	Assisting with OP labours
2:30 pm	Handling the transitional phase of labour
2:45 pm	Second stage of labour : <ul style="list-style-type: none"> • enabling physiological birth • avoiding fetal distress • avoiding maternal exhaustion • protecting the perineum
	A 15 minute break will be taken during this session.
3:30 pm	DVDs and discussion
4:30 pm	Close