

Introduction to Active Birth Workshop

Facilitator: *Jane Palmer*

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

9:00 am	<p>Introduction</p> <p>What are the characteristics of an active birth?</p> <ul style="list-style-type: none"> Benefits of Active Birth Brief description of physiological birth Birth outcomes in Australia today <p>Empowering and motivating parents towards a normal birth</p>
10:45 am	15 minute refreshment break
11:00 am	<p>How the pelvis works</p> <p>Understanding and working with pain in labour</p>
12:30 pm	LUNCH
1:00 pm	<p>Helping expectant parents explore the nature of pain in labour</p> <p>Strategies for enabling normal births in hospital settings</p> <ul style="list-style-type: none"> Position scenarios for first stage of labour Establishing and maintaining an appropriate “safe” environment Equipment to facilitate an Active Birth
	<p>Ideas for the first stage of labour (part one)</p> <ul style="list-style-type: none"> Self-help strategies Role of the midwife in managing observations Assisting with OP labours Massage techniques
3:00 pm	15 minute refreshment break
3:15 pm	<p>Ideas for the first stage of labour (part two)</p> <ul style="list-style-type: none"> Using the rebozo Peanut and birth balls Sterile water injections <p>Handling the Transitional Phase of Labour</p> <p>The Second Stage of Labour</p> <ul style="list-style-type: none"> Physiology of the second stage of labour Positions for the second stage of labour <p>Active Birth Video</p>
4:30 pm	Close