

# 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 am	Introduction  <b>What are the characteristics of an active birth?</b> Benefits of Active Birth Brief description of physiological birth Birth outcomes in Australia today  <b>Communicating Active Birth ideas to parents (part 1)</b> Communication skills
1030 am	A 15 minute break will be taken during this session
10.45 am	<b>Communicating Active Birth ideas to parents (part 2)</b> Watch your language Teaching strategies  Empowering and motivating parents towards normal birth  Learning about the pelvis
12.30 pm	<b>LUNCH</b>
1.30 pm	Utilising the innate capacity of the pelvis as a midwife  <b>Understanding and Working with Pain in Labour</b> The physiology of pain in labour Helping expectant parents explore the nature of pain in labour
2:45 pm	A 15 minute break will be taken during this session.
3:00 pm	<b>Strategies for Enabling Physiological Births in Hospital Settings</b> Teaching ideas for first stage of labour Positions first stage of labour Decision making tools
4:00 pm	Active Birth Videos as teaching aids
4.30 pm	Close

## Day Two

9:00 am	<p>Active birth workshop day two introduction</p> <p><b>Creating safe environments for birth</b></p> <ul style="list-style-type: none"> <li>Creating safe birth spaces</li> <li>Emotional environment for women and midwives</li> <li>Models of midwifery care and collaboration</li> </ul> <p><b>Ideas for the first stage of labour</b></p> <ul style="list-style-type: none"> <li>Self-help strategies</li> <li>Equipment to facilitate an Active Birth</li> <li>Sterile water injections</li> </ul>
10.40 am	A 15 minute break will be taken during this session
10:55 am	<p><b>The role of the midwife in a hospital setting</b></p> <ul style="list-style-type: none"> <li>Managing observations</li> <li>Acting as an advocate</li> </ul> <p><b>Assisting with OP labours</b></p> <ul style="list-style-type: none"> <li>Physiology and ideas to resolve</li> <li>Positions to help with OP labours</li> <li>Using the Rebozo</li> </ul> <p>Handling the transitional phase of labour</p> <p><b>Second stage of labour (part one)</b></p> <ul style="list-style-type: none"> <li>Physiology of the second stage of labour</li> <li>Strategies to facilitate the second stage of labour</li> </ul>
1:00 pm	LUNCH
1:30 pm	<p><b>Second stage of labour (part two)</b></p> <ul style="list-style-type: none"> <li>Protecting the perineum</li> <li>Positions for birth</li> </ul> <p>Massage techniques</p> <p>Warm Water Immersion and Waterbirth</p>
2:30 pm	<p><b>Third stage of labour</b></p> <ul style="list-style-type: none"> <li>Physiology of the third stage of labour</li> <li>Active and physiological management</li> <li>The magic hour</li> </ul>
3:15 pm	A 15 minute break will be taken during this session
3:30 pm	<p>Active birth resources</p> <p>Active birth videos and discussion</p>
4:30 pm	Close