

"ZOSIEŃKA"



CENTRUM MEDYCZNE ŻELAZNA  
Szpital i Przychodnia św. Zofii

# Weekend Childbirth Course

PROGRAM SCHEDULE



## SATURDAY 10 am – 5 pm

### ✓ Module I

#### Childbirth – Lecture

- Due date – explanation and care during pregnancy beyond the due date
- Symptoms indicating labor
- Signs of the onset of labor and when to go to the hospital
- What to take to the hospital
- Admission for childbirth
- Course of physiological labor: discussion of the four stages of labor – physiology, hormone secretion, emotions, and typical behaviors

Lunch break | 1:00 PM – 2:00 PM

### ✓ Module II

#### Childbirth – Workshop Sessions

- Epidural anesthesia
- Active birth positions, pain relief methods, breathing techniques, and relaxation techniques during intervals between contractions
- The role of a birth companion (husband, partner, doula)
- Childbirth from the child's perspective – factors affecting childbirth

## SUNDAY 10 am – 5 pm

### ✓ Module I

#### Newborn Care

- Newborn assessment according to the Apgar score, the first examination after birth, and the importance of neurological reflexes
- Transitional states of the newborn
- Baby layette
- Practical training in carrying babies, diapering, dressing, bathing a newborn, umbilical stump care, and anti-colic massage

Lunch break | 1:00 PM – 2:00 PM

### ✓ Module II

#### Puerperium

- Hygiene during the postpartum period
- Stay in the Obstetrics and Neonatology Ward under the rooming-in system
- Hospital discharge
- Maternity-related entitlements

### Feeding a Newborn – Lactation

- Preparation for breastfeeding during pregnancy
- First skin-to-skin contact after birth and the first feeding
- Breastfeeding in the first days after birth – possible challenges and how to manage them
- Correct breastfeeding positions and proper latching
- When to feed the baby – how often and for how long
- Feeding from one breast or both during a single feeding
- How to recognize whether the baby is receiving enough milk
- Where and in what situations to seek breastfeeding support
- Nutritional guidelines for the breastfeeding mother
- Summary of the session and distribution of certificates

