



[m]otherboard
birth preferences made simple

IMPROVING BIRTH
Education, Communication,
and Informed Choice



ABOUT AMY

DOULA - HANDS ON CHILDBIRTH ASSISTANT



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ENGAGING CLASSES / PRENATALS

*9 Tips for Better Learning
and Engagement*



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TIP 1: SET CLEAR GOALS

*Parents should know what they're learning
each week / session*

- Make sure goals are trauma-informed
- Have a clear lesson plan, but time to expand organically
- [Free "Plan Your Classes" PDF here](#)

LABOR

[M]OTHERBOARD EDUCATION MODULES



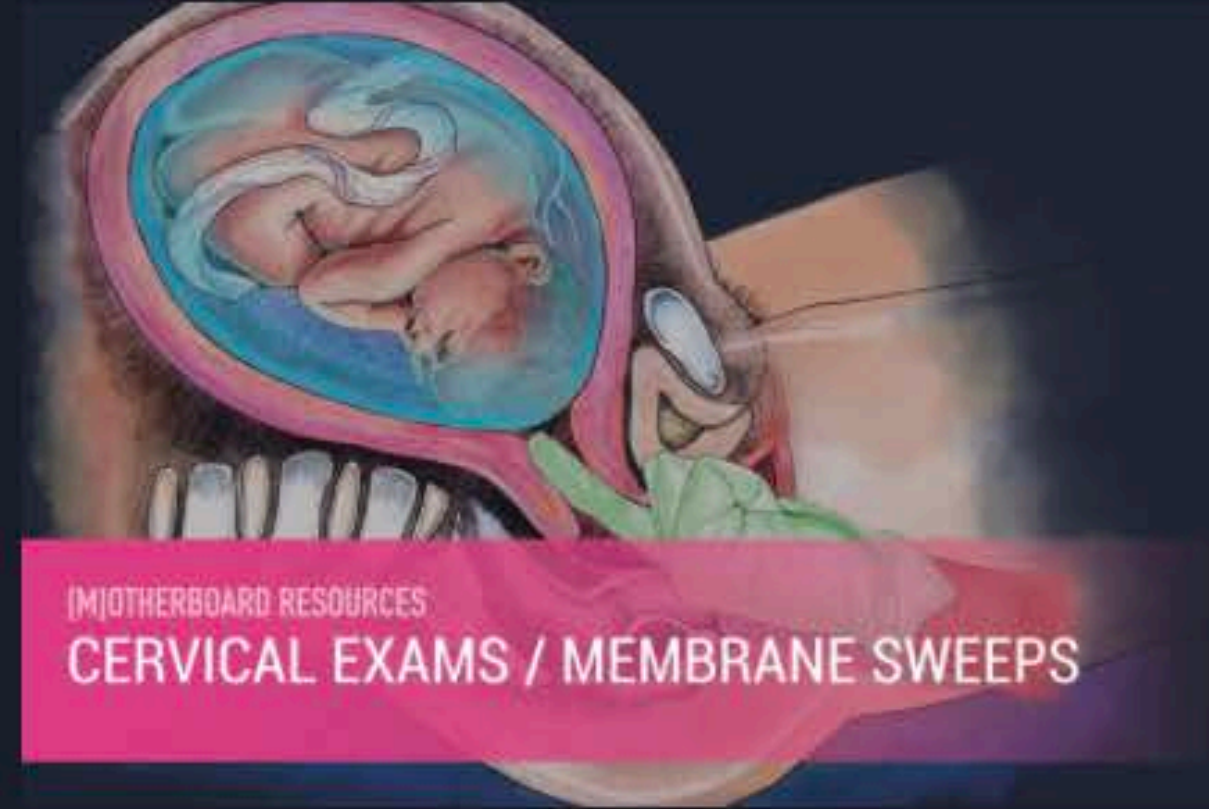
[M]OTHERBOARD RESOURCES
STAGES OF LABOR

Stages of Labor



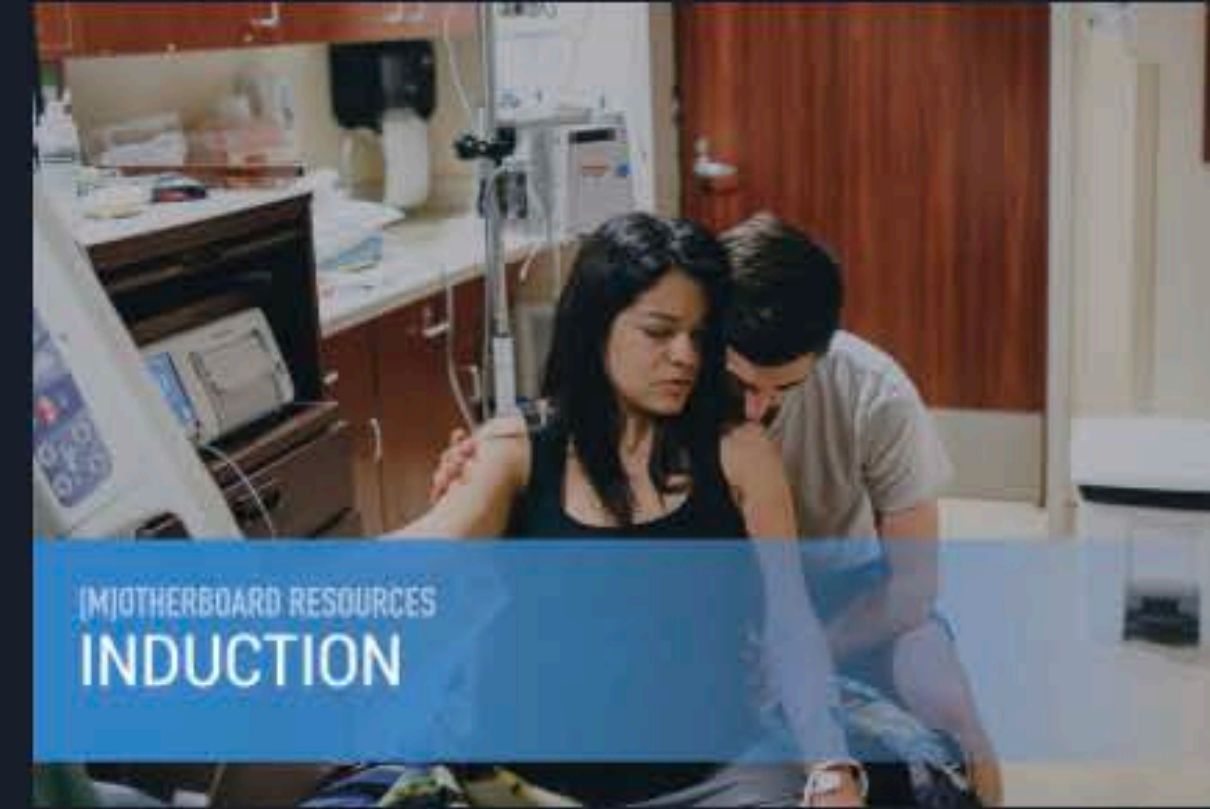
[M]OTHERBOARD RESOURCES
COMFORT MEASURES

Comfort Measures



[M]OTHERBOARD RESOURCES
CERVICAL EXAMS / MEMBRANE SWEEPS

Cervical Exams



[M]OTHERBOARD RESOURCES
INDUCTION

Induction



[M]OTHERBOARD RESOURCES
FETAL POSITIONING

Fetal Positioning



[M]OTHERBOARD RESOURCES
LABOR POSITIONS

Labor Positions



[M]OTHERBOARD RESOURCES
MEDICAL COMFORT MANAGEMENT

Medical Comfort Management



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VBAC

VBAC



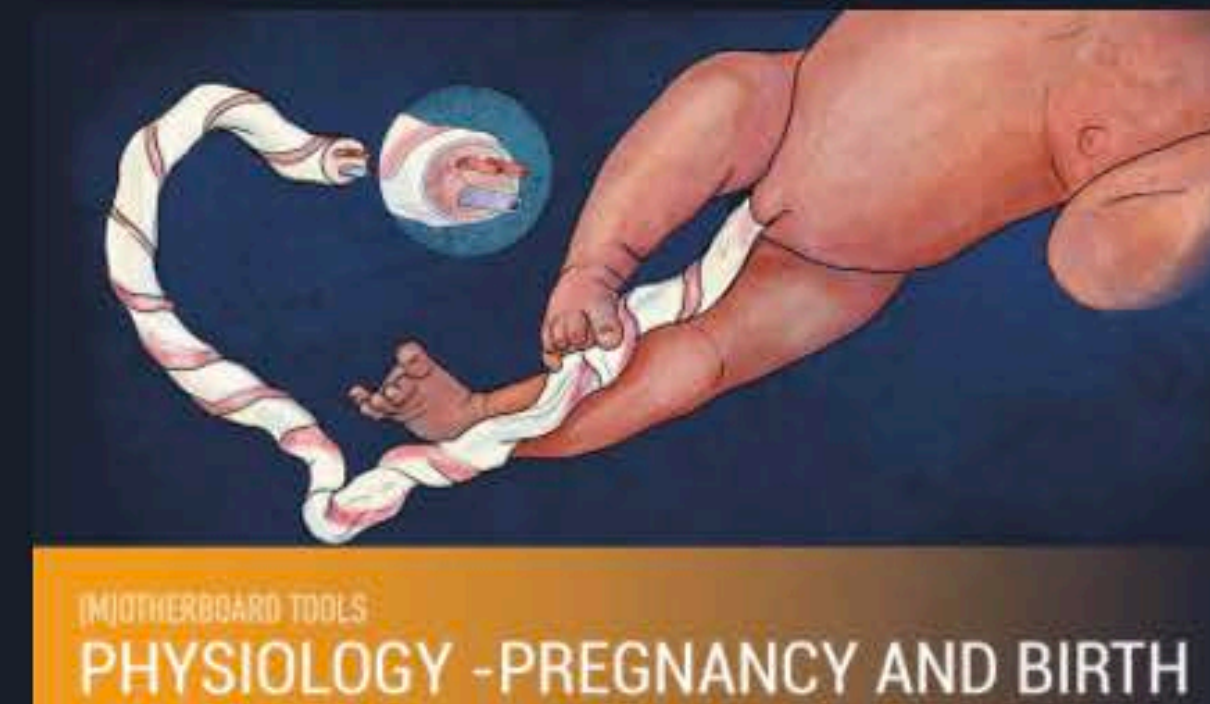
[M]OTHERBOARD RESOURCES
MAKING INFORMED CHOICES



[M]OTHERBOARD RESOURCES
FETAL MONITORING



[M]OTHERBOARD RESOURCES
OBSTETRIC TOOLS / INTERVENTIONS



[M]OTHERBOARD TOOLS
PHYSIOLOGY -PREGNANCY AND BIRTH



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TIP 2: SHOW AND TELL

Have parents present on topics or comfort measures


- Have them research different topics to present to the group
- If individual class or prenatal, give them “homework” to explain to you why a certain option works for them or not
- Suggest reputable sources to gain info ([M]otherboard, Evidence-Based Birth etc.)





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TIP 3: CHECK FOR UNDERSTANDING

Don't be a  -dump

- We have so much knowledge we can get carried away
- Don't forget to pause and make sure they're following along



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TIP 4: BE VISUAL

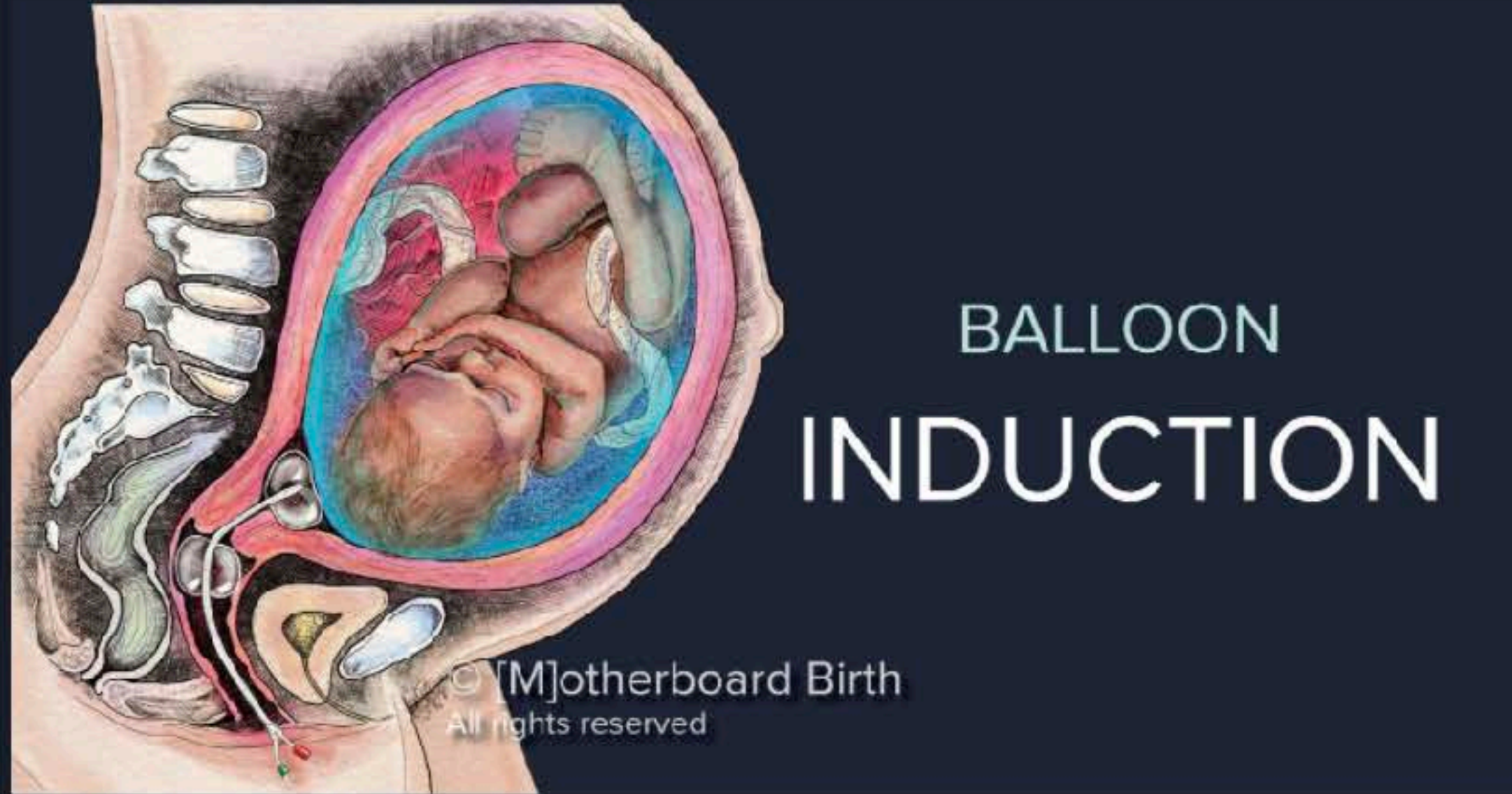
Use charts, graphs, and illustrations

- Humans are visual beings!
- If there's a way to demonstrate something visually jump on it
- Utilize [M]otherboard's Illustration Library

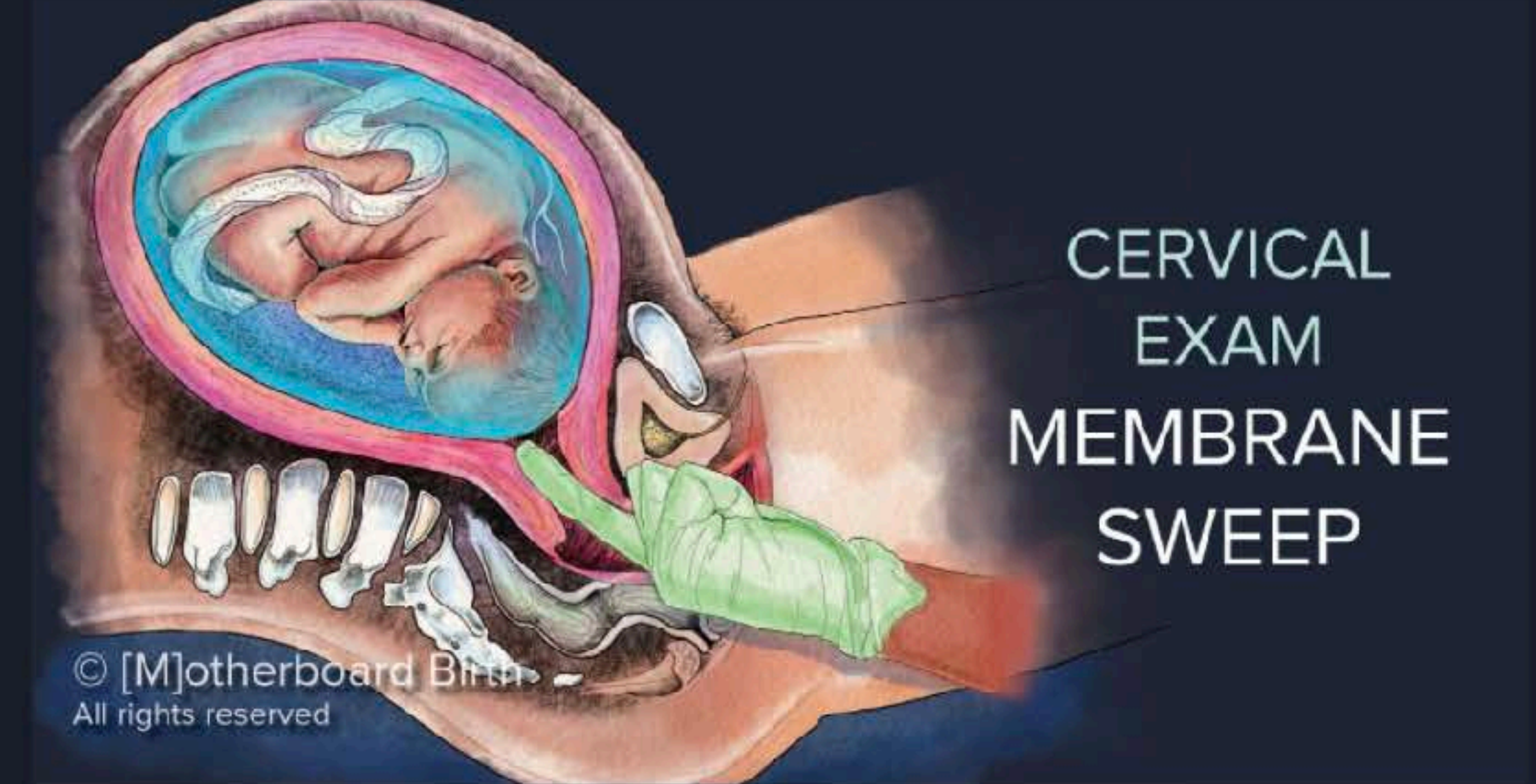


[M]OTHERBOARD ILLUSTRATION LIBRARY

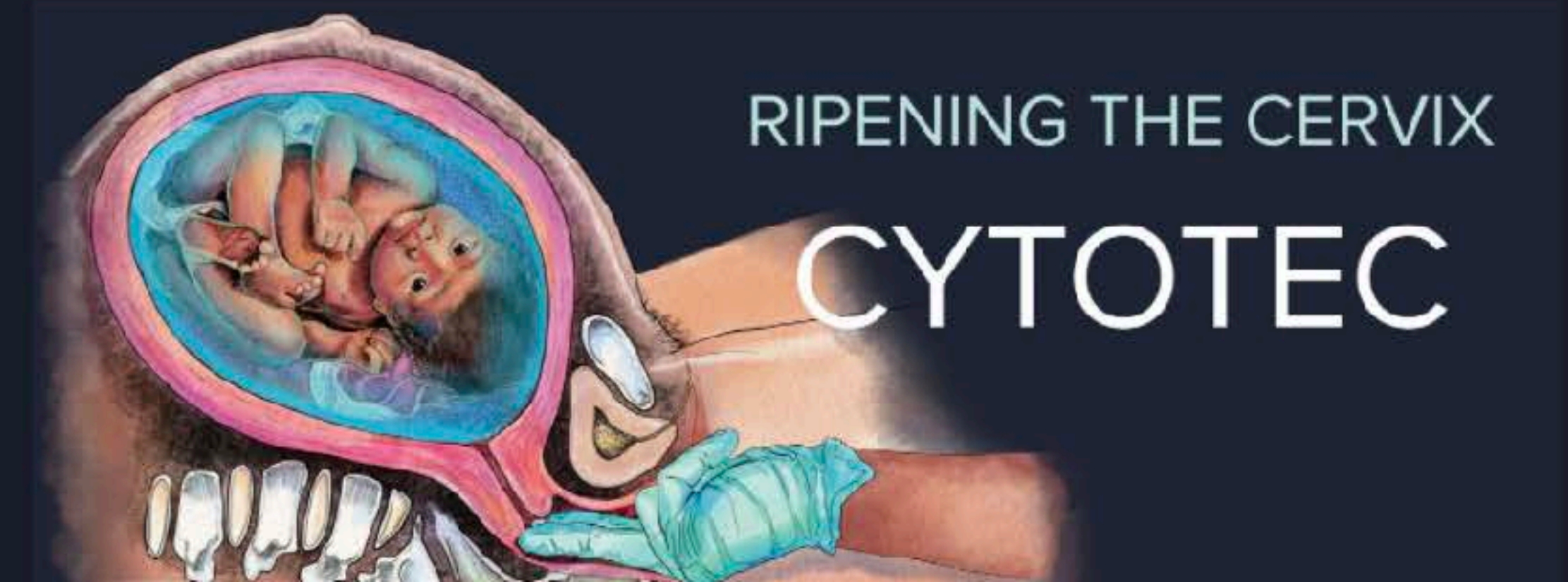
INDUCTION



BALLOON INDUCTION



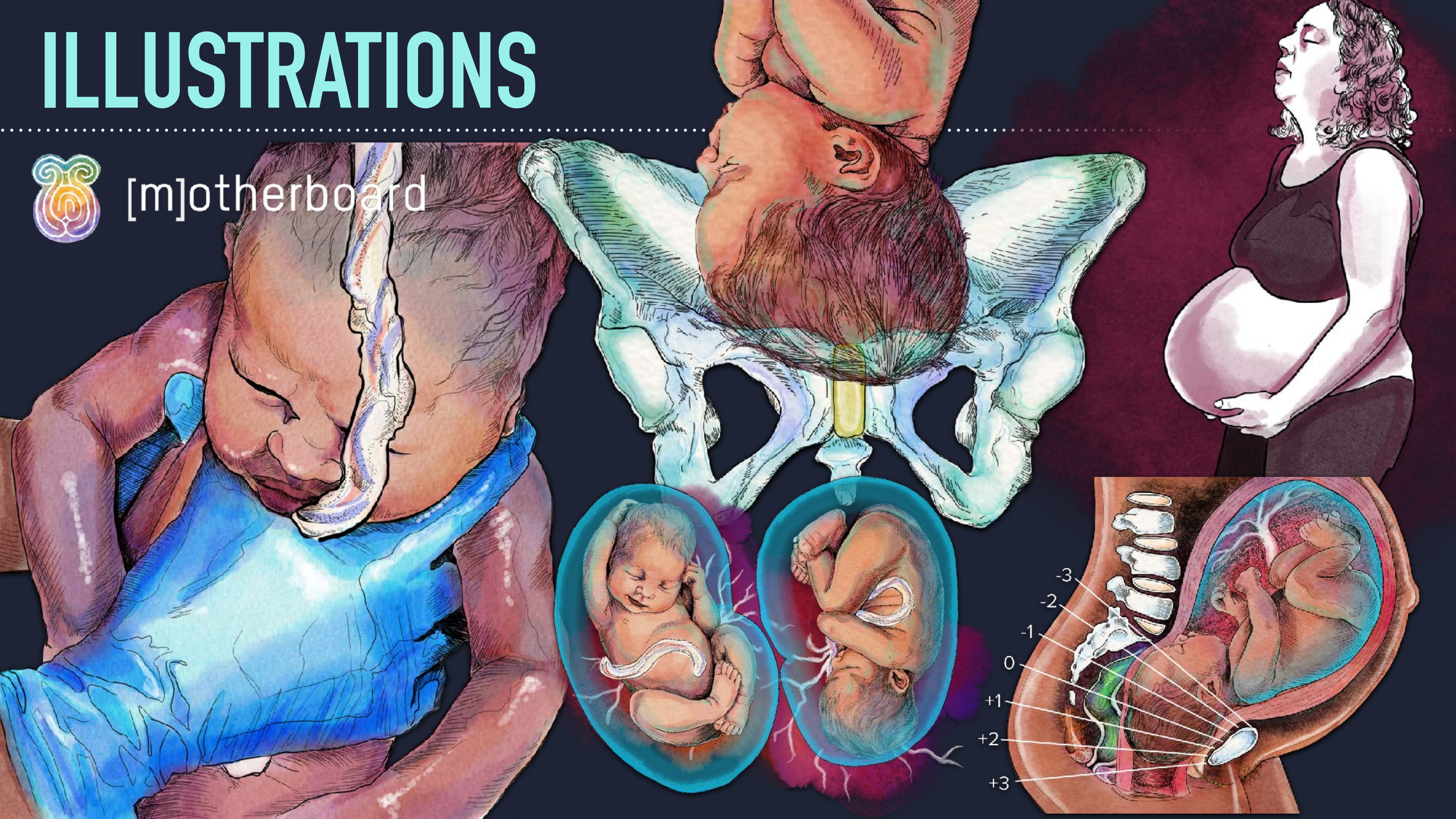
MEMBRANE SWEEP



ILLUSTRATIONS



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TIP 5: HANDS-ON PRACTICE

Have them practice often

- Our brains learn from repetition
- Set up practice stations
- Remind families to practice at home





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EXAMPLE: COMFORT MEASURES STATIONS



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Coping With Labor

This section is especially useful for partners and support people.

Changing Positions

Encouragement

Massage

Movement

Back Labor

Breath

Water

Centering Yourself

Birth Ball + Peanut Ball

Rebozo

Aromatherapy

Compresses



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TIP 6: WORK TOGETHER

*Encourage collaboration between partners,
support, or other parents*

- Is there a project you can have them work on?
- Worksheets, vision boards, research etc. can be done together



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TIP 7: TEACH STRATEGIES (NOT JUST CONTENT)

Birth is unpredictable. Teach strategies for navigating vs. memorizing info

- What questions can you ask if you don't remember benefits/risks? (BRAIN acronym)
- What do you need for yourself if plans change?
- How can you communicate with your partner?
- Metacognition - *Understanding of your own thought processes*

B	Benefits
R	Risks
A	Alternatives
I	Intuition?
N	What if we do nothing?

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BIRTH PREFERENCES



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TIP 8: INQUIRY-BASED LEARNING

*Emphasizes parent's role in the learning
process*

- What do your students actually want to know/need to know?
- Balance what you know is important for their learning with the things they want to learn
- These topics can be influenced by fears, history, stories from family and friends, etc.

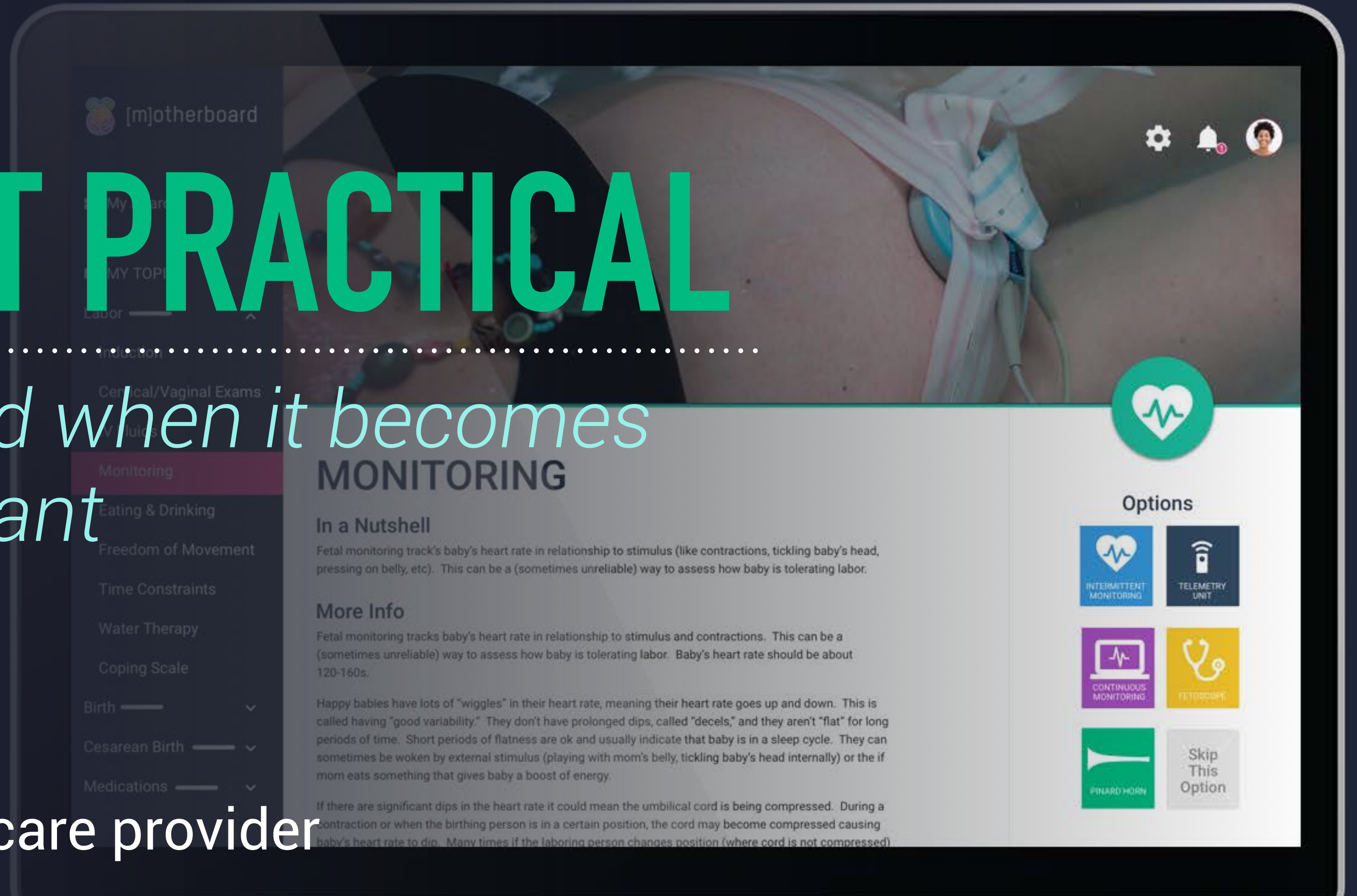


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TIP 9: MAKE IT PRACTICAL

Learning is cemented when it becomes relevant

- Birth Plan/Birth Preferences
- Discussion points with their care provider
- Etc.



1

RESEARCH OPTIONS

2

INVITE TEAM

3

EXPORT AND SHARE

CORE PRODUCTS

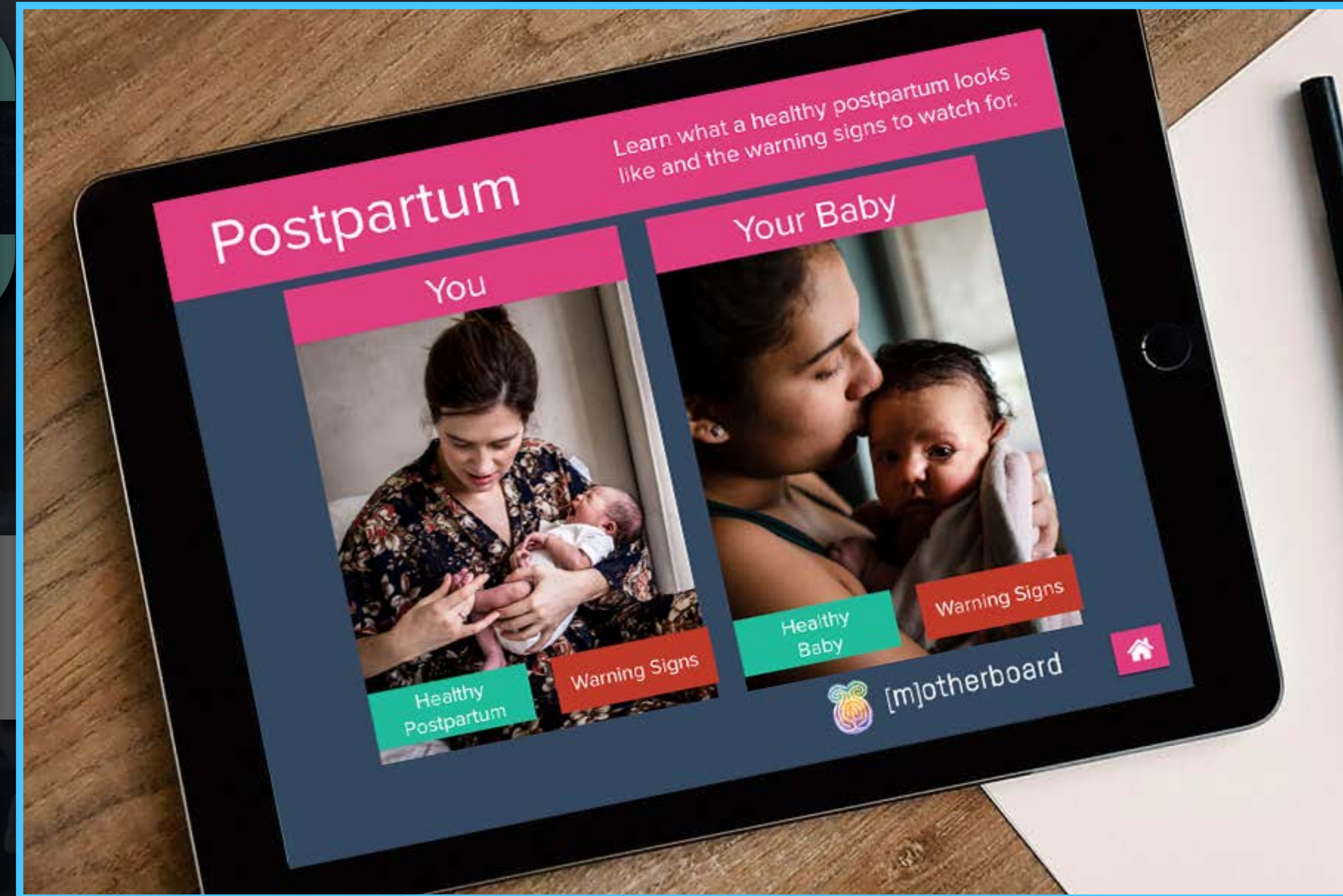
ONLINE
CHILDBIRTH
ED

VISUAL
BIRTH PLAN
APP

iDECIDE
PROVIDER
TOOL



EDUCATE



DISCHARGE



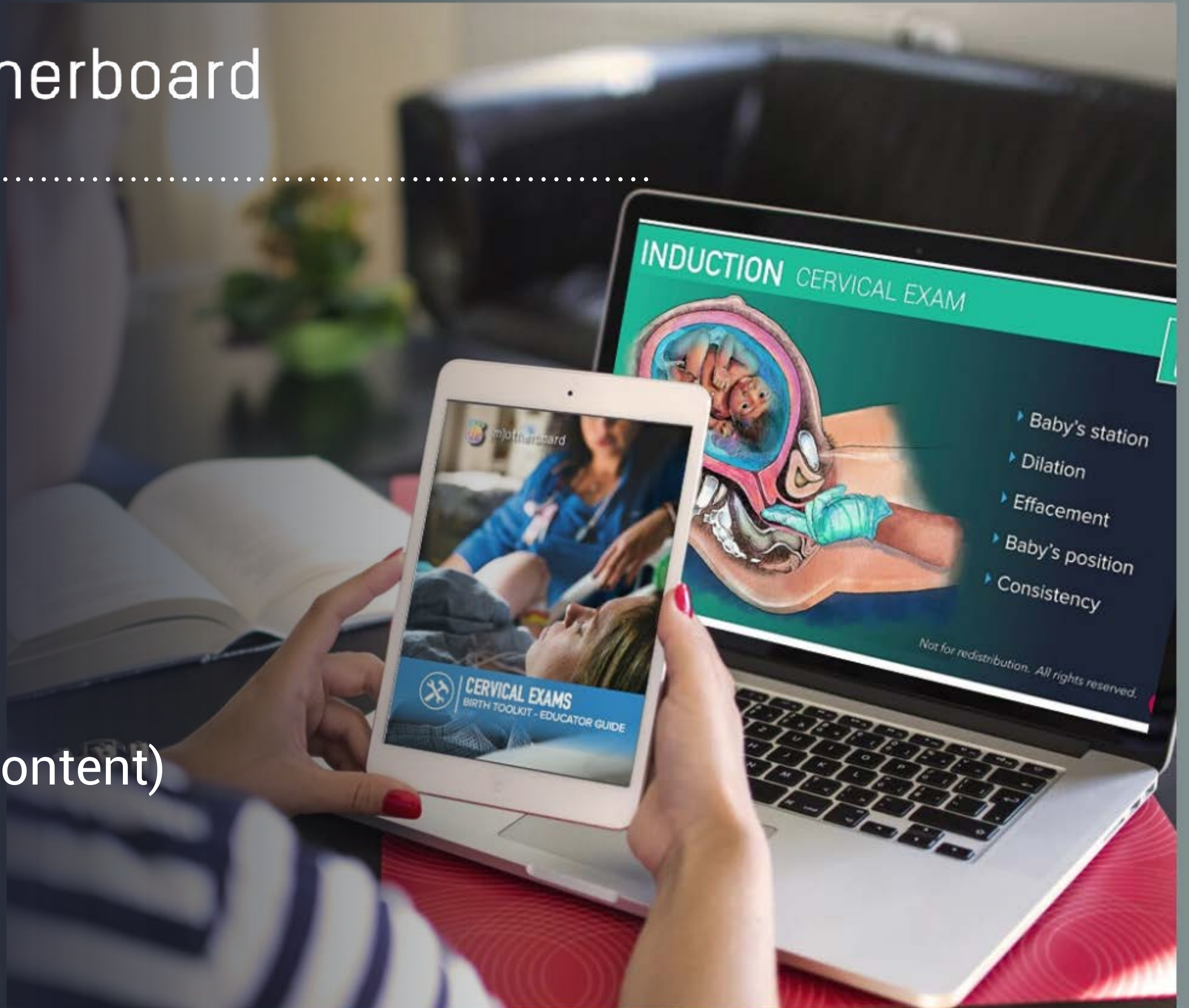
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RECAP



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1. Set Clear Goals
2. Show and Tell
3. Check for Understanding
4. Be Visual
5. Hands-On Practice
6. Work Together
7. Teach Strategies (not just content)
8. Inquiry-Based Learning
9. Make it Practical





QUESTIONS?

CONTACT

support@motherboardbirth.com

FACEBOOK GROUP

<https://www.facebook.com/groups/motherboard.birth.pros>



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