



## Kaiser Permanente North Valley Perinatal Program is hosting the NCPA Lamaze Childbirth Educators Seminar December 1 - 2, 2018 8.00 am-5.00 pm

### Program Objectives:

The purpose of the seminar is to enable health-educators, doulas, nurses, midwives, social workers and other professionals to develop the knowledge and skills to plan, teach, facilitate and evaluate Lamaze childbirth education classes. NCPA Lamaze Childbirth Educator program uses a combination of online learning and classroom learning to deliver the content.

### Location:

Kaiser Permanente, Point West Conference Room 6  
1650 Response Road, Sacramento, CA 95815.

### Continuing Education:

The NCPA Lamaze Childbirth Educator Program is an accredited program through Lamaze International. Lamaze International is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission (ANCC). Participants attending the entire workshop and completing a participant feedback form will earn a total of **20 contact hours as CNE credit or 20 Lamaze contact hours**. Partial credit is not available.

### Program Format:

The seminar utilizes a blended learning format that includes pre-coursework that consists of several online learning modules, readings and worksheets and must be completed prior to attending the 2-day in person interactive classroom training/seminar.

### Online Pre-Class Modules:

- Perspectives on Lamaze Childbirth Education
- Pain Management Theories
- Adult Learning: Educating a New Generation

### Program Staff:

**Sujata Gami** MS LCCE FACCE CD(DONA) is a Lamaze certified Childbirth Educator and Program Trainer. She has over 20 years of childbirth education teaching experience in India, Canada, Thailand and the U.S. She was inducted as a Fellow of the America College of Childbirth Educators (FACCE) in 2013. She has two children and enjoys making pottery and traveling in her free time.

*"Giving birth should be your greatest achievement not your greatest fear." Jane Weideman*

## Classroom Topics:



- Lamaze Childbirth Education: Philosophy to Practices
- Evidence-based Maternity Care
- Advocacy for Safe and Healthy Birth Practices
- Learning Preferences and Teaching Styles
- Sources and Role of Pain in Labor
- Non-Pharmacologic Pain Management Strategies
- Role of Continuous Labor Support
- Birth Preferences & Informed Decision-Making
- Medical Interventions: Implications for Labor & Birth
- Second Stage Labor
- Adjustments During the Early Parenting Period
- Breastfeeding and Newborn Care
- When an Unexpected Outcome Occurs
- Evaluation Strategies – Pre and Post Birth
- Professionalism and Ethics for Childbirth Educators
- Establishing and Maintaining a Childbirth Education Program and/or Practice
- Curriculum Development with Creative Resources
- Administrative Considerations & Curriculum Development for your CBE Program
- Pathways to Certification

## Registration & Registration Fee:

- Click [here](#) to register. Once registration form is received, the NCPA Lamaze Program Co-Director, Tara Owens Shuler will contact you via email. Or go to <https://ncpalamaze.wufoo.com/forms/mym74ia1iaecat/>
- \$400.00 (includes class materials, lunch, complimentary Lamaze International membership. The Lamaze Learning guide can be purchased separately from Lamaze website.

## Cancellations:

Participants, who register for a seminar and are not able to attend, may reschedule for another seminar date or send a substitute. If cancellation is greater than 2 weeks, refund amounts will be based on the subtraction of any expenses (online modules and administrative fee) incurred by the Lamaze Accredited program.

