

# module checklist

## BONUS MODULES

Birth Prep Class (55 min)  
The Prenatal Appointment (14 min)  
Blood Work (13 min)  
Genetic Testing (17 min)  
More Routine Things (43 min)

## BIRTH MODULE

Normalize Normal Birth (19 min)  
Physiologic Birth Immersion (5 min)  
Birth Terminology (14 min)  
Process of Labor - Stage 1 (17 min)  
Process of Labor - Stage 2 (7 min)  
Process of Labor - Stage 3 (7 min)  
Possible Complications (34 min)

To Do:

- Consume some positive birth each day, open the physiological birth immersion kit, or your favorite birth pod/accounts to experience some feel good birth stories.

## OPTIONS MODULE

DIY Affirmations (15 min)  
If you give an intervention... (19 min)  
Common Hospital Practices (35 min & 41 min)  
Early Labor TIIPS (37 min)  
Labor that is slow to start (22 min)  
Handling Interventions (10 min)  
Informed Intervention Workshop (34 min)  
Birth Right Basics (37 min)

To Do:

- Create your DIY Affirmations and read/say them every morning or night.
- Research any interventions you want to know more about.
- Practice being your own birth advocate with your partner.

## STRATEGY MODULE

DIY Affirmations (15 min)  
If you give an intervention... (19 min)  
Common Hospital Practices (35 min & 41 min)  
Early Labor TIIPS (37 min)  
Labor that is slow to start (22 min)  
Handling Interventions (10 min)  
Informed Intervention Workshop (34 min)  
Birth Right Basics (37 min)

To Do:

- Create your DIY Affirmations and read/say them every morning or night.
- Research any interventions you want to know more about.
- Practice being your own birth advocate with your partner.

## SUPPORT MODULE

Medicated Labor Management (16 min)  
Supports & Tools Unique to Unmedicated (34 min)  
Breathing Techniques (6 min)  
Early Labor TIIPS (37 min)  
4 Rules of Labor Positioning (17 min)  
Handling Interventions (10 min)  
No Push Pushing Stage (25 min)

To Do:

- Practice your breathing techniques and relaxation techniques.
- Practice breathing down and out on the toilet while having a bowel movement.
- Practice different positions you may want to utilize.
- Print out the Unmedicated Toolkit

## BONUS MODULES

Newborn Procedures (30 min)  
VBAC Module (90 min)  
Planning for Postpartum Mini Course (3 hours)  
Low down on Let down (2.5 hours)