

20073-292-076

Details of course, workshop programme, and self-study reading material will be sent directly to you. If you do register, we would appreciate it if you would just drop us a line and let us know - to keep us in the picture regarding numbers.

We are willing to arrange billeting accommodation for out-of-towners. Again let us know in good time if you will require this.

ACE

Associates in Childbirth Education

148 Hereford Street
Forest Lodge NSW Australia 2037
Telephone: (02) 660 6149

BASIC SKILLS TRAINING FOR CHILDBIRTH EDUCATORS

PHILOSOPHY AND CONCEPTS

This Course is designed to equip fledgeling childbirth educators with the knowledge and teaching skills they need to competently and confidently teach a full series of pre-natal classes to couples in any setting. Other health professionals, already teaching segments of pre-natal classes can benefit from learning additional skills to enable them to expand their class content and provide an integrated curriculum.

Specialised knowledge in anatomy, physiology and nutrition is acquired through a self-study programme undertaken before the workshop. This programme allows each trainee to explore the material to a depth suitable for her own needs. Assessment and return of the completed papers allows each trainee to fill in any gaps in her knowledge.

The workshop concentrates on three main areas:

- Self-awareness
- Acquisition of additional theoretical knowledge
- Developing practical teaching skills

Throughout the workshop the emphasis is on women's natural ability to give birth, given conducive surroundings and appropriate support. Various techniques for promoting relaxation are explored and practiced, both for pregnancy comfort and self-help in labour. Stretching exercises for pregnancy are learned as a preparation for various positions for labour and birth. Ways of effectively teaching about the physiology of labour and birth are incorporated into the discussion. Variations in normal labour including obstetric complications, medical interventions and the uses of labour drugs are fully covered.

Teaching techniques for other topics such as breastfeeding, the post-partum experience, emotional changes during pregnancy and post-partum, sexuality, contraception and newborn care are included. Special emphasis is given to subjects that are difficult to teach such as nutrition, circumcision, and assertiveness.

Following the workshop, a four-hour examination provides feedback on trainee's readiness to present information on major areas in a class setting. This forms the first stage of getting ready to teach, with preparation of class outlines and full supervision of the initial class series being undertaken by an experienced supervisor.

Final accreditation is awarded when all these phases have been successfully completed, in addition to labour room observation satisfactory feedback from class couples.

Teacher Certification News

In the absence of any other notable activity towards a New Zealand based teacher-training and certification process, CEAO have been negotiating with the Sydney-based Associates in Childbirth Education to offer a workshop towards certification. While this may not be the ideal solution to our training needs, it has a number of short-term advantages. These are:

1. It's a place to start for those who are keen, but are frustrated and tired of waiting;
2. It can be arranged easily;
3. It brings those who are most enthusiastic together right now (1987). Once together as a group we can look at our options for the future and make some choices re completing full certification requirements;
4. ACE is willing to offer certification to those who decide to go on, regardless of the group's decision. In this, ACE have wide experience as they support and control teachers-in-training all around Australia.
5. ACE are willing to pay their own travel and accommodation costs.
6. ICEA contact hours can be given for the workshop (subject to approval).

Following our last newsletter we received a number of enquiries regarding a possible training programme. Extra information on the course is enclosed with this newsletter for those people, and their names have been sent to ACE for inclusion on their mailing list. Anyone else interested in considering doing the workshop, or full training course, can write directly to ACE for more information.

Our plans are that if there is enough interest, CEAO will host the week-long workshop in Dunedin in late October. We will also be looking to arrange a second workshop on the North Island. To be viable we need at least 12 enrolments for the Dunedin workshop and 10 for the North Island one. To boost our numbers we will be circularising Parents Centres, Health Boards, health clinics etc., so early CEAO member enrolments is important.

Pre-requisite reading: early enrolment also leaves plenty of time for workshop participants to complete the required reading and pre-workshop exam. Two months is the minimum time needed to do the work, according to CE tutors. (The self-study programme would not be necessary for midwives or physiotherapists as it covers anatomy, physiology and nutrition - midwives and physios could attend the workshop only.)

Costs will be: \$A 200 - Partial Course (comprising self-study programme + workshop); there is an application fee of \$A75, payable when registering for the self-study prog. The remainder is payable when the self-study prog. is returned, one month before the workshop.

\$A 250 - Full Course - meeting other requirements beyond the workshop and leading to full accreditation (these later requirements may be organised through NZ, depending on the group's decision).

\$A 150 Workshop only (midwives, physios).

Venue information will be given in a later issue of this newsletter.

Correspondence should be sent to: (enquiries and registrations)

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