Southwest
CONTEMPORARY WOMEN'S CARE

Prenatal Education Curriculum

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(hyperlinks to packets)

Approved Over the Counter Medications During Pregnancy



Confirmation of Pregnancy

- What to Stop, Limit, and Avoid • Sex • Nausea • Cramping • Miscarriage Rates
- Bleeding • Genetic Screening • Prenatal Vitamins • Frequently Asked Questions

New OB Visit (8-12 weeks)

- Where do you deliver? • How often will I be seen? • Ultrasound Frequency
- When am I going to feel my baby move? • New OB Labs and Urine • Tests • Exercise• Flu Shot
- Nutrition • Weight Gain • WIC • Domestic Violence • Umbilical Cord Blood
- FMLA vs. Short Term Disability

2nd Trimester (13-20 weeks)



- Anatomy Ultrasound • Aches and Pains of Pregnancy • Travel • Skin Changes
- Shortness of Breath• Pre-Registration at Hospital • Sleep



Glucose Packet (21-27 weeks)

- Braxton Hicks Contractions • Third Trimester Labs (GTT) • Gestational Diabetes
- Childbirth Prep Class & Tour • High Blood Pressure • Finding a Pediatrician
- FMLA/Disability Forms • Tdap Vaccine • Rhogam Shot

3rd Trimester (28-32 weeks)



- GBS Screen • All the Stuff You're too Embarrassed to Ask About • Baby Presentation
- When to Call your Provider vs. When to Go to the Hospital



Postpartum Info (33-36 weeks)

- Breastfeeding vs. Bottle-feeding • Increasing Your Breastmilk Supply
- Postpartum Contraception • Postpartum Mood Disorders • Vaginal Exams • Signs of Labor
- Prenatal Education Classes • Tearing During a Vaginal Delivery

Delivery Info (37-40 weeks)



- Hospital Labor Checks • What are You Looking at when you monitor my baby?
- Am I going to Poop when I Deliver? • What Inductions of Labor look like
- Operative Vaginal Delivery • What happens immediately after the baby is born?
- What a C-Section Looks Like • Postpartum at the Hospital • Postpartum at Home
- Postpartum Visit • What is Your Birth Plan?