



Childbirth Educator Training Program Requirements

All video learning, reading, and website research is assigned through **Google Classroom**. Access is granted upon acceptance to the program, and requirements can be begun at any point prior to their due date. Start Google Classroom assignments in order listed. DO NOT WAIT to begin modules; session dates are the last day for them to be complete.

Video-based Learning Requirements to be completed by all trainees by the end of course sessions. All are available through Evidence Based Births' Professional Membership, and are listed below according to date/topic.

Reading Requirements to be completed by all trainees by the end of course sessions:

- Required Text: [Pregnancy, Childbirth and the Newborn](#), by Penny Simkin, et al.
- Choose two of the following books on childbirth history and philosophy:
 - [Ina May's Guide to Childbirth](#) by Ina May Gaskin
 - [Pushed: The Painful Truth About Childbirth and Modern Maternity Care](#) by Jennifer Block
 - [Birth: the Surprising History of How We Are Born](#) by Tina Cassidy
 - [The Thinking Woman's Guide to a Better Birth](#), by Henci Goer & Rhonda Wheeler
 - [Optimal Care in Childbirth: the Case for a Physiological Approach](#) by H. Goer and A. Romano
 - [Gentle Birth Gentle Mothering](#) by Sarah Buckley
- And one of the following books on Breastfeeding
 - [Nursing Mother's Companion](#) by Kathleen Huggins
 - [Breastfeeding Made Simple](#), by N. Mohrbacher & K. Kendall-Tackett
 - [Jack Newman's Guide to Breastfeeding](#) By J. Newman & T. Pitman

Become fluent with the following **websites**, which will be referred to regularly and utilized along with the texts:

- [Evidence Based Birth](#)
- [ACOG](#)
- [Spinning Babies](#)
- [March of Dimes](#)
- [Lamaze International](#) (infographics)
- [PubMed](#) (medical studies on all topics)
- [Cochrane Library](#) (RCTs)
- [Global Health Media](#)
- [VeryWell Family](#)
- [Science and Sensibility](#)
- [Penny Simkin on YouTube](#)
- [Childbirth Graphics](#)

All video learning, reading, and website research will need to be "turned in" through Google Classroom.

Other requirements to be completed:

- Childbirth Education observation: Observe a 12-hour prepared or natural childbirth education class that includes medications, interventions, cesarean birth, and comfort measures, etc. taught by a currently certified BACE instructor
- Satisfactory completion of required teach-back presentation(s), more details in preparing these will be provided during sessions (due during sessions)
- Participation in all course sessions, see dates below

*all dates listed are tentative at this time

Date*	Topic	Assignments in Classroom (each assignment may have multiple parts)
Session 1 2.2.25	Intro to Evolution Perinatal Education Collaborative and CBE Training Welcome Goals of teaching CBE Course overview Your materials Your classes CBE observation CBE certification	Pre-work <ul style="list-style-type: none"> ● Preview Syllabus ● EBB Professional Membership Orientation ● Best practices for tech setup ● Ready > Set > Go ● Registration for CBE For session <ul style="list-style-type: none"> ● Setting the stage for our course ● Your curriculum
Session 2 2.9.25	Foundation Teaching to adult learners Mind of an educator Learning styles presentations Fostering dialog and engagement Creating a safe space for learning Obstacles to teaching	<ul style="list-style-type: none"> ● Active inclusivity ● Learning style research ● Thoughts on teaching methods, 1 and 2 ● Using Zoom and other tools
Session 3 2.16.25	Planning Class 1 Welcome/intros A+P Last weeks of pregnancy, including warning signs and ROM Measuring change Informed decision making/BRAIN Labor overview	<ul style="list-style-type: none"> ● Variations and choices in the models of care ● Anatomy and physiology of childbirth ● Wellness in pregnancy ● What do you need to know about late pg ● What you should know about optimal positioning ● Teaching informed consent/shared decision making
Session 4 2.23.25	Planning Class 1 wrap up Planning Class 2 Healthy Birth Practices (Lamaze) Ways labor begins Labor exploration	<ul style="list-style-type: none"> ● Teaching about induction ● Planning for and experiencing labor
Session 5 3.2.25	Planning Class 2 wrap up Coping through labor, including birth team Teaching comfort measures Transition to birth setting	<ul style="list-style-type: none"> ● Teaching about the birth team ● Coping through labor ● Teaching comfort measures
Bye-week 3.9.25 catch up		

Session 6 3.16.25	Planning Class 3 Pain management choices and decisions Birth support plans	<ul style="list-style-type: none"> • Teaching pain management decisions • What is fetal monitoring • Evidence on interventions and complications
Session 7 3.23.25	Planning Class 3 wrap up Second stage Medical interventions Vaginal birth Cesarean birth	<ul style="list-style-type: none"> • Teaching second stage • Second stage interventions • What do you know about VBAC
Session 8 3.30.25	Planning Day 4 Third stage Immediate postpartum Newborn Adjustment to parenting Conclusion Closing your series Certification requirements	<ul style="list-style-type: none"> • Third stage of labor • Teaching about postpartum, 1 and 2 • Postpartum adjustment • Closing your classes
Session 9 4.6.25	Guest speaker Teachback Group 1	<ul style="list-style-type: none"> • Teachback presentation
Session 10 4.13.25	Guest speaker Teachback Group 2	<ul style="list-style-type: none"> • Teachback presentation
Bye-week 4.20.25 catch up		
Make up session 4.27.25	If needed, we will extend training to this date. Please keep the time/date free!	