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Becoming a Childbirth Educator (Antenatal Teacher) is a life changing experience. It’s rewarding to see how in just a few classes you can change the process of birth, improve outcomes, and help families feel empowered to become the parents they want to be. CBI childbirth educators do more than just pass on information to expectant parents. At CBI, our educators understand how to teach skills needed to make informed choices, putting a plan in place for tackling unexpected situations, gaining decision-making capabilities, and the confidence to communicate to caregivers. During your CBI childbirth educator training you’ll learn how to teach these skills during classes all while making them fun and interactive.

Just teaching clients about the risks of medical intervention is not the way families will get the birth they hoped for. As a CBI student, you’ll develop strong communication capabilities, learning the critical skills of reflective practice and active listening, and come to understand why these are so important. You’ll also gain a full understanding in how to help clients have realistic expectations and get the birth they want – using a unique blend of skills and models developed by Childbirth International. You’ll explore a multitude of different teaching techniques, focusing on active teaching skills that eliminate the need for long and boring lecture sessions.

At the end of the course you’ll have your own tailor-made teaching plan, relevant to your unique preferences and style and adaptable to the unique needs of your clients. The Business of Birth module will give you the skills and knowledge to launch or grow your business so it can meet your personal goals.
ONLINE AND DISTANCE LEARNING

All Childbirth International courses are carried out through distance learning. This enables you to study wherever and whenever you like. After you register for your course you will receive an email confirming your order and another with a link to register as a student. Once you click on that link and choose your log in details, you will have immediate access to your course materials.

Your course materials are available through our student website (www.cbistudents.com). Here you will find all the course modules, assignments, online tests, and reflective evaluations that are needed for certification.

There are no time limits on your course. You can work through the materials and graduate within a few months, take your time, or take a break if other priorities come up!

If you have ordered them, your printed course materials will be posted to you within a week of your final payment. These are a copy of the materials available through the student website.

A trainer is assigned to you within a couple of days of your registration. They will contact you to introduce themselves and begin the journey of getting to know each other. Your trainer follows you through your course, providing feedback for all your assignments and evaluations. They are there to provide encouragement, motivation and support!

After you graduate, your certificate and photo ID badge will be made available to you through the student website. You will continue to have access to all your course materials through for as long as you like.
Childbirth International (CBI) courses are designed using a Curriculum Framework. The Curriculum Framework provides the foundation of our courses by determining what should be included (the content or topics) together with what you as a student are expected to know, understand, and do.

We design all our courses by first looking at what you need to be able to know, understand, or do to be successful in your work. Once we have done that we then look at how we can teach that knowledge or skill to you, and how we can measure whether or not you have become competent in that area. This approach means that everything you learn has a clear purpose and you will finish your training without any gaps in your knowledge or skills.

This syllabus document outlines the content in the Childbirth Educator course as well as the essential knowledge and skills you will learn in each topic. It also includes general information about the course including pricing options and frequently asked questions.
Advantages of competency-based learning

Competency-based learning has been shown to be more engaging for students, with students developing skills that they can use for a lifetime.

1. Provides a clear understanding of what is expected

A competency-based syllabus identifies the knowledge you will build, how that knowledge can be applied to your work (understanding), and the skills you will develop as a result. It also identifies how you will recognize when you have acquired these competencies and how you will be assessed.

2. Enables you to track your progress

Throughout your course you will be able to see the assessments you have completed and what is left to complete. By monitoring the competencies that you develop you are able to track your progress. You can clearly see the skills you are developing and how your competency as a birth professional is growing.

3. Links what you are learning to the work you are doing

Developing competency happens as a result of acquiring knowledge, understanding the relevance of that knowledge, and then knowing how to apply that knowledge with a client. By linking your developing knowledge with the experience you gain, you will understand how you can apply it to your work.

4. Includes continuous and ongoing assessment

Becoming a skilled birth professional takes place over time. Knowledge and understanding are important, but it is the ongoing learning that really matters. You’ll complete self-assessment activities and receive continuous and ongoing feedback from your trainer who will be there to support you through your journey.

5. Is individualized and student-centered

Each activity you complete will be relevant to you and the clients you work with. If there are competencies that you already gained from your previous learning and experience you will mark these as complete and move on. The only required parts of the program are the formal assessments that your trainer will review.
Birth professionals trained through CBI have a complex understanding of pregnancy, birth, parenting and lactation. They apply this knowledge and their unique skills when working with clients and are committed to serve and support them in meeting their needs. They have an obligation to act according to their professional code of conduct, to demonstrate cultural competency and to practice within their own limits.

CBI uses competency standards to demonstrate what you will learn through your training and what you should be able to demonstrate by the time you graduate.

**Knowledge – what you know**

Knowledge is the information you will learn when you are training. For example, you can describe the stages of labor or list the main symptoms of mastitis. You either know it, or you don’t.

**Understanding – making connections**

Understanding is when you can make connections between pieces of knowledge and a real-life context. For example, you understand how the hormones of labor affect its progress and what can happen when the birth environment is disturbed.

**Skills – what you can do with your knowledge or understanding**

Skills are the ways that you apply your knowledge and understanding, or the things you can do. For example, you can apply sacral pressure with a client who has backache during labor, or you can use active listening or conflict resolution when there is a disagreement with a colleague.

**Competencies – providing context**

The competencies provide context. They indicate the circumstances where you might apply your knowledge, understanding and skills. For example, in order for you to be able to use research to guide practice, you would need to:

- recognize the general structure of research and how to interpret it,
- analyze the quality of the research and recognize any biases,
- comprehend the research in relation to clients you are working with, and communicate that research effectively to clients.
We focus on six domains, or areas, of competency: Ethics and Professionalism, People, Practical, Leadership, Wellness, and Cultural Competency.

**Domain 1: Ethics and Professionalism**

This domain covers the competencies that relate to professional practice. It includes your legal responsibilities, ethical behavior, safety, and client-centered care.

**Domain 2: People**

These are the skills related to communication with clients, their families, caregivers and peers. This domain includes communication skills, collaboration, conflict resolution and reflective practice.

**Domain 3: Practical**

These are the skills related to carrying out your job. They include the knowledge, understanding and skills need to work with and support clients.

**Domain 4: Leadership**

These are the skills related to affecting change within the industry. They include recognition of the challenges that affect the ability for system change, the student’s own role in being a change agent, their capacity to mentor and guide new birth professionals, and to share their knowledge and skills.

**Domain 5: Wellbeing**

This domain includes the importance of self-care and developing a sustainable business. It covers how a birth professional manages stress and seeks out support and mentorship within their own community of professionals. Developing a sustainable business means it has to be financially sustainable, as well as meeting the needs and respecting the values and beliefs of the business owner.

**Domain 6: Cultural Competency**

This domain relates to working with diverse groups without judgement, including providing appropriate resources that meet their needs and recognizing the role that culture plays in the choices available to clients.

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**Course Content**

Your course is divided into a series of modules. The modules are made up of units of related topics. The modules in the Childbirth Educator course are:

- Communication
- Pregnancy & Birth Physiology
- Teaching Skills
- Business of Birth

As you work through each unit you will find the knowledge, understanding and skills laid out at the beginning. Within the unit there are activities and online readings to develop further perspective.

At the end of each unit is a summary task that draws together your learning and helps you to relate this to your own work.

In the next section we will go through each of the modules within your course.
CBI Competency Framework

**PEOPLE**
Skills related to communication with women, their families, caregivers & peers

**PRACTICAL**
Skills related to the practical aspects of teaching, supporting and counseling

**LEADERSHIP**
Skills related to advocating for woman, baby & family centered care

**WELLBEING**
Skills related to self-care and business sustainability

**ETHICS & PROFESSIONALISM**

**CULTURAL COMPETENCY**
ASSESSMENTS

Within your course there are a number of formal assessments that you will submit to your trainer. They will review your work, evaluate and provide extensive feedback.

Communication Assignment
The communication assignment is a written essay, using the Childbirth International reflective practice model. You will submit this as a draft first. Your trainer then provides you with feedback and suggestions on how you might develop your essay. You then submit your final which is graded by your trainer.

Physiology Tests
There are eight physiology tests for you to complete. These are open book tests that you can use any resources to locate the answers. The purpose of the tests is to evaluate your knowledge on the physiology of labor and birth, and to develop research skills.

Teaching Assignments
You will write components of a teaching plan, create a client evaluation form and a client profile. You will also observe a childbirth course (12 hours) and reflect on your own teaching in a childbirth course that you run of six hours. Finally, you will reflect on a range of teaching scenarios and complete a quiz on teaching styles.

Birthing Options Survey
You will do a survey of services available for those birthing in your community.

Book Reviews
You will read 5 books from our extensive reading list (over 100 titles to choose from) and write a reflection on the book.

Module Evaluations
At the end of each module you will write a reflection on what you learned and identify areas that you feel you still need to work on.
COMMUNICATION

Enhancing your communication skills enables you to build strong relationships with clients and caregivers. Many of you will work in challenging environments. During the course you’ll explore these challenges and develop skills in building relationships with caregivers, without compromising your professionalism or your client’s wishes.

At the heart of every CBI training and certification program is reflective practice. But what exactly is “reflective practice”?

At its simplest, reflective practice is looking at what you’ve done, or didn’t do, and reflecting on it. In relation to CBI training though, it’s so much more. Reflective practice is about examining choices and decisions, considering them from different perspectives, thinking about alternatives, learning from them, and then applying that learning to your work. It demonstrates best practice in continuing education and increases confidence and professionalism. It’s an incredibly valuable skill that you can pass on to your clients and help them to assimilate their own experiences.

All CBI training programs have an ongoing reflective practice focus. In every assignment you submit this will be evaluated by your trainer, who will then provide you with feedback to help you see your own growth in this area. You’ll be encouraged to reflect on the language you use, your participation in discussions, and how you approach every aspect of your work.

At the end of this module you’ll write a reflective essay that will be reviewed by your trainer who’ll provide feedback and assessment.
## Communication Knowledge, Skills and Topics

### Essential Knowledge
- Effective communication components
- Active listening techniques
- Factors that inhibit effective communication
- Nonverbal and verbal communication
- Open and closed questions
- Reflective practice & reflective practice models
- Recount and reflection
- Decision making tools
- Informed choice and informed consent
- Evidence-based care
- Cultural factors affecting communication
- Standard precautions and infection control procedures
- Scope of practice
- Local and regional regulations

### Essential Skills
- Active listening skills
- Using empathy
- Self-awareness
- Reflective practice
- Conflict resolution
- Communication without bias
- Critical thinking
- Research and analysis
- Identification and communication of personal boundaries
- Assertiveness
- Collaboration

### Topics
- Effective Communication
- Language and Communication
- Active Listening
- Reflective Practice and Debriefing
- Diversity & Cultural Humility
- Evidence-Based Care and Informed Choice
- Grief and Loss
- Professional Practice
- Perspective and Recognition
PREGNANCY AND BIRTH PHYSIOLOGY

Understanding the normal physiology of pregnancy, labor, birth, and the early postpartum period provides you with the foundation essential for working with pregnant clients. The physiology module begins with the female menstrual cycle, moving through to pregnancy and the stages of fetal development. It then explores the normal processes during labor and birth, as well as the early postpartum period.

Once you have a solid foundation on normal physiology, you can then dig deeper into understanding the concepts of active and expectant management of labor and the common routine procedures that may be suggested by caregivers.

This module will also cover the importance of nutrition and exercise during pregnancy as well as the risks of nutrition-related illnesses. We will explore the concept of pain during labor, its physiological purpose, and options available for pain relief.

With up to one-third of those birthing having cesareans, it is important to understand the process of cesarean birth, ways to minimize the risk of a cesarean, and the issues related to vaginal birth after a cesarean (VBAC).

As a birth doula you will be supporting clients in the first few weeks after birth. You will develop an introduction to lactation and discover tips and suggestions on helping clients with some of the more common breastfeeding problems. Finally, you will look at prenatal testing and screening, and the ethical issues related to this.
# Pregnancy & Birth Physiology Knowledge, Skills and Topics

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<th>Topics</th>
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<td>Communication of complex concepts</td>
<td>Physiology of Pregnancy</td>
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<td>Key stages of fetal and/or infant development</td>
<td>Reflective practice</td>
<td>Physiology of Labor</td>
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<tr>
<td>Causes and symptoms of common conditions</td>
<td>Critical thinking</td>
<td>Postpartum Period</td>
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<tr>
<td>Medical and alternative approaches to treatment</td>
<td>Research and analysis</td>
<td>Nutrition and Exercise</td>
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<tr>
<td>Physiology of the newborn</td>
<td>Resource development</td>
<td>Pain in Labor</td>
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<td>Informed choice and informed consent</td>
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<td>Management of Labor</td>
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<td>Evidence-based care</td>
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<td>Routine Procedures During Labor</td>
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<td>Features of postpartum mental health disorders</td>
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<td>Cesarean and VBAC</td>
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<td>Mechanisms for labor starting and stages of labor</td>
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<td>Introduction to Lactation</td>
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<td>Pain relief mechanisms and options in labor</td>
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<td>Absolute indications for cesarean birth</td>
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<td>Risks and benefits of vaginal birth after cesarean (VBAC)</td>
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<tr>
<td>Pharmacological and non-pharmacological methods of pain relief</td>
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<td>Common medical interventions</td>
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BEING A CHILDBIRTH EDUCATOR

Develop your teaching skills as an educator so you’ll be able to provide the best childbirth classes possible while identifying strategies for managing different teaching situations. You’ll learn how to develop a teaching plan and how to confidently provide classes that develop skills – all while been informative and fun! (A teaching plan will be provided for you to use or modify).

We encourage you to develop a curriculum that meets the needs of your community. As with our own courses, we focus on competency-based facilitation of classes to help you with your clients in developing skills that will enable them to make informed choices and evaluate their own needs.

You can choose to run childbirth classes that cover the whole spectrum of pregnancy, birth, and parenting. Or, you might prefer to run specialist classes - pre-conception sessions, VBAC workshops, classes for partners or siblings, or whatever else might suit the needs of your community. With CBI, you’ll have the freedom to choose what works for you!

This module is packed with ideas on how to teach different topics in a way that really helps your clients during labor, birth, and the early days of parenting. During this module you’ll submit reviews on five books, a survey, your reflections on a course that you observe, key components of a teaching plan, evaluations of your own teaching, and a reflective evaluation of the module. These will all be reviewed and assessed by your trainer.
Being a Childbirth Educator Knowledge, Skills and Topics

**Essential Knowledge**

Roles and responsibilities of the childbirth educator

History of childbirth education

Learning styles

Needs of the adult learner

Alternative class formats

Traditional and active teaching styles

Helpful documentation for the childbirth educator (invoices, contracts, templates)

**Essential Skills**

Active listening

Reflective practice

Problem solving

Networking and peer community building

Planning and time management

Write a teaching plan

Evaluate teaching skills

Developing a skills based course

Strategies for difficult teaching situations

Integrating visual aids into classes

**Topics**

Getting Started as a Childbirth Educator

Understanding Learning Styles and Learning Needs

Teaching Adults

Active Teaching Skills

Writing Aims and Learning Outcomes

Choosing Class Activities

Teaching Knowledge Based Topics

Teaching Communication Skills

Teaching About Parenting

Teaching Breastfeeding Classes

Evaluation of Classes

Difficult Teaching Situations

Using Visual Aids Effectively
BUSINESS OF BIRTH

Running your own business is an exciting challenge. As well as being financially rewarding it can also boost your self-esteem. Learning how to successfully manage your own enterprise, however large or small, is liberating. This module will take you through the steps of establishing a business and get it up and running.

While many people would love to run a business they often do not feel prepared and may be anxious about leaping into something that has unknown risks. Some are passionate about an interest and would like to make it profitable but do not know how to start turning their interest into an income. They often discover they are not getting paid a fair amount for the hours they work, their business is poorly structured, the products or services are more complicated than they anticipated or they are not finding clients as easily as they imagined they would.

If you are worried about the business side of being a birth professional, or have had a business for a while but not reaping the rewards you had hoped for, this module will help you. It will challenge the way you think about your business. We will explore the various aspects of self-employment and identify how being business savvy can affect your outcome in terms of success. You will learn how to take control of your finances and achieve your own personal aspirations and goals.

Once you learn how to manage your business more effectively you can keep coming back to check how you are doing and see if there are changes that need to be made. With the knowledge and the experience of CBI to support and guide you every step of the way, together we can make the difference needed to ensure that your confidence and birth related business will flourish and grow.
Business of Birth Knowledge, Skills and Topics

**Essential Knowledge**
- Financial measures for a business
- Legal and tax obligations
- Basic marketing techniques
- Basic documentation for a business

**Essential Skills**
- Personal and business goal setting
- Active listening
- Reflective practice
- Problem solving
- Networking and peer community building
- Budgeting and managing cash-flow
- Analyzing competitors
- Profiling customers
- Brand development
- Developing a pricing strategy
- Carrying out a SWOT analysis
- Time management
- Negotiation and networking
- Self awareness
- Decision making

**Topics**
- All About You
- Clients and Competitors
- Products and Services
- Designing the Look and Feel
- Promoting Your Business
- Finances and Legal Issues
- Looking to the Future
PAYING FOR YOUR COURSE

We have several price options.

One Payment

You can pay for your course in a single payment of US$660. You will have immediate access to your course materials online and receive a printed copy of your course materials in the post. Course manuals are shipped using FedEx.

Five Payments

If you prefer, you can pay for your course across five months. The first monthly installment will be charged when you enroll, and subsequent payments will automatically be charged once a month on the same day each month for 4 months. Once your final payment has been made your printed course materials will be posted to you. If you start on an installment plan but want to pay your balance early, just drop us a line and we can give you the information on the balance. Once this is received we will ship your printed materials straight away. An administration fee of $10(per course) is added to your installments each month.

Green Option

Some of our students prefer to just work from the student website using the online materials and save on printing and shipping. You can choose this option when you are enrolling through the shopping cart.

No Hidden Costs

With CBI you will never be asked to pay additional fees! There are no recertification fees, and membership is free for life. You will not have the additional costs associated with attending a workshop. We will not charge you extra for applying for certification or for receiving your certificate.

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<td>US$ 915</td>
<td>US$ 885</td>
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<tr>
<td>per month for 5 months</td>
<td>single payment</td>
<td>one payment</td>
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<tr>
<td>Pay over five months with online access immediately and paper manuals sent to you when the final payment is made.</td>
<td>Pay one single payment and receive your paper manuals as well as online access through the student website.</td>
<td>Be gentle on the environment! Complete your course online - save money and trees! Also available in monthly installments.</td>
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FREQUENTLY ASKED QUESTIONS

Do I have to teach to a particular curriculum?

Not at all! You will be provided with a teaching plan that you are free to use or you can develop your own based on the needs of your clients.

How will my teaching skills be assessed during my training?

During your course you will teach one course (total of six hours). At the end of this course you will write a reflection on the skills you developed and evaluate your own learning as a result of teaching that course.

Do I have to teach a generic childbirth course?

Many of our students and graduates specialize in the courses they teach. Some are teaching classes aimed specifically at teenagers, others are running courses that focus on the needs of the partner, or classes that specialize in VBAC. It is entirely up to you based on your passion and the needs of your clients.

How long do I have to complete the certification requirements?

As long as you need! We do not impose time restrictions as we understand that each student has different amounts of time available for studying. Learning all the knowledge and skills necessary to be a competent childbirth educator takes time, and we support you in taking however long you need.
Once I have finished all the work for the course, how much will it cost to apply for certification, and how often do I need to recertify?

We do not have any additional costs to training. Once you have paid for your course and completed the certification requirements your certificate will be sent to you. We do not require membership or recertification. The skills you have learned are for life! If you need to show evidence of recertification in order to be a member of a local organization you can apply for your certificate to be reissued after providing evidence of professional development. We offer this service at cost.

If I do more than one course do I have to repeat the certification requirements?

Several assignments are common to multiple courses. For example, the communication assignment is required for all our courses. Once you have completed it for one course, it does not have to be done again for the other courses you are enrolled in.

What is the fastest possible time I can complete the course in?

It really depends on how much time you have available and how quickly you find your clients. As a general guideline, it will take 10-15 months if you study for 10 hours a week and find your clients quickly. Finishing your course quickly though may not be optimal. The skills of reflective practice take time to develop. Taking your time to really absorb everything you are learning might be beneficial for you.

Will my certification be recognized where I live?

Certification as a childbirth educator is not required anywhere in the world in order for you to work. It is a recognition of the hard work you have done in completing training. If you want to work for a hospital or clinic they may require evidence of certification but generally do not have restrictions on the certification program you chose. If you do experience any problems we are more than happy to write to the hospital administration, outlining our training program and providing them with a document showing the competencies you have developed. To date, this has been accepted in all hospitals where it has been required.

Are you pro natural birth?

We are pro choices! As a childbirth educator you will support clients who are planning a natural birth, a cesarean, an epidural, a home birth or a hospital birth. In all cases we support the right of a birthing person to determine their own experience and their right to make informed decisions that are right for them. We do recognize that in most cases vaginal, drug-free birth carries the least risk for both the birthing person and their baby, and for many, this type of experience is profoundly moving. However, it may not be right for everyone - either because it is not what they desire, or because unexpected challenges arise.
**How do I know if this is the right course for me?**

We offer a refund option to give you an opportunity to review the course materials and determine whether or not this is the right course for you. Once you enroll you will have immediate access to your course materials through the student website. If you look at them and feel this is not the right format for you, just write to us within 48 hours of registration and we will fully refund your payment, less a $50 administration fee.

**I am not sure if online learning is right for me. I struggle with reading a lot and find it hard to keep motivated. How can you help me?**

Online learning can be difficult. It is worth bearing in mind that even if you choose an in-person workshop for your training, only the initial learning will take place face-to-face, usually done in a weekend. All the certification requirements are still done by distance and your trainer will only be present for you during the actual workshop. With CBI, your trainer will join you on your journey to certification every step of the way. They will review every assignment and evaluation you submit, providing you with comprehensive feedback and suggestions. They will be able to help you with developing your own study plan and ideas on how to stay motivated. When you log in to your student account you will also see a list of the assignments required with progress bars so you can monitor how you are progressing. There is quite a bit of reading, although we try wherever possible to provide videos and audio recordings to make it easier if reading is not your thing.

**Where can I get more information?**

Take a look through our website (http://www.childbirthinternational.com) for details of all our courses and more about CBI. If you would like to speak to someone our team is always ready for your call or email.

Email:  support@childbirthinternational.com

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