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APPENDIX A
CLIENT EDUCATION COURSE CONTENTS

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**APPENDIX A
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Smoking Cessation (S9446)

- Breastfeeding
- Reasons that women smoke
- Nicotine addiction
- Reasons to quit
 - Maternal effects
 - Fetal effects
- Strategies for quitting
 - Support systems
 - Nutrition
 - Exercise/relaxation
- Coping as a non-smoker
 - Withdrawal
 - Dietary changes
 - Relaxation
 - Dealing with peers
- Effects of passive smoking/second hand smoke
 - Risks for baby
 - Why not to start again

Preparation for Childbirth (S9442)

- Breastfeeding
- Signs and Symptoms of pre-term labor
- Anatomy and physiology of reproduction
- Fetal development
- Physical changes during pregnancy and postpartum
- Emotional changes during pregnancy and postpartum
- Teratogens/smoking/alcohol
- Prescriptions and over-the-counter medications

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APPENDIX A (continued)

- Maternal nutrition
- Coping mechanisms/comfort measures (exercises relaxation and breathing)
- Prenatal diagnostic procedures, screening, medical interventions
- Common abnormalities during pregnancy and labor
- Medical procedures during labor
- Obstetrical anesthesia/analgesia
- Newborn characteristics
- Infant nutrition
- Birthing options
- Consumer advocacy/rights of clients
- Family-centered care
- History/philosophy of childbirth education/prepared childbirth
- Birth control options following delivery

Preparation for Parenting (S9446)

- Breastfeeding
- Growth and development
 - Physical
 - Mental/cognitive/personality
 - Developmental tasks (child, parents, siblings)
 - Infant stimulation needs
- Health and nutrition
 - Age-related nutrition
 - Preventive health care
 - Immunizations
 - Common illnesses

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APPENDIX A (continued)

- Safety
 - Home (include toy safety)
 - Car

- Lead safety
- Sudden Infant Death Syndrome (SIDS)
- Safe Sleeping
- Safe Bathing Practices

- Behavior/discipline
 - Temperament
 - Parental coping skills
 - Non-physical means of discipline
 - Consistency in discipline

- Support
 - Emotional needs/support systems
 - Resources (readings, groups)