

## I.

### COMPETENCY ONE

Promote the childbearing experience as a normal, natural, and healthy process, which profoundly affects woman and their families (20%) 30 questions

- A. Lamaze Philosophy of Birth
- B. Meaning of Pregnancy and Birth
  - 1) Memories
  - 2) Impact on a Woman's Life
  - 3) Childbirth Satisfaction
  - 4) Cultural Influences
- C. Historical Perspectives of Birth
- D. Pregnancy
  - 1) Anatomy and Physiology
  - 2) Role of Hormones Affecting Pregnancy (Oxytocin, Endorphins, Catecholamines, Prolactin)
  - 3) Fetal Development
- 4) Maternal Physical Changes
- 5) Maternal Emotional Changes
- 6) Social/Life Changes
- E. Process of Birth
  - 1) Anatomy and Physiology
  - 2) Role of Hormones Influencing Maternal and Fetal Readiness for Birth
  - 3) Onset of Labor
  - 4) Role of Pain
  - 5) Stages and Phases
  - 6) Physical and Emotional Responses
  - 7) Psychosocial Influences
- 8) Development of the Newborn Microbiome
- F. Breastfeeding
  - 1) Anatomy and Physiology
  - 2) Hazards of Not Breastfeeding
  - 3) Factors that Influence Infant Feeding Decisions
- G. Postpartum
  - 1) Anatomy and Physiology
  - 2) Emotional Changes
  - 3) Role of Hormones after Birth
  - 4) Socio-cultural Influences/Role Changes

## II.

### COMPETENCY TWO

Assist women and their families to discover and use strategies that facilitate normal, natural, and healthy pregnancy, birth, breastfeeding, and early parenting. (25%) 37 questions

- A. Pregnancy and Day-to-Day Living
  - 1) Nutrition
  - 2) Exercise
  - 3) Stress Management
  - 4) Safety and Hazards
    - a) Potentially Dangerous Substances
    - b) Environmental Hazards
    - c) Domestic Violence
    - d) Resource Inequities
  - 5) Family/Work
  - 6) Comfort Measures
- B. Theories of Pain and Pain Management
- C. Progress and Comfort in Labor and Birth
  - 1) Confidence
  - 2) Environment
  - 3) (If Not a Home Birth) Staying Home until Active Labor
  - 4) Labor Support
  - 5) Movement and Positioning
  - 6) Food and Fluids
  - 7) Relaxation
- 8) Touch, Acupressure, Massage
- 9) Focused Attention
- 10) Conscious breathing
- 11) Vocalization, Chanting, and Prayer
- 12) Imagery
- 13) Heat and Cold
- 14) Music
- 15) Aromatherapy
- 16) Hydrotherapy
- 17) TENS
- 18) Sterile Water Injections
- 19) Physiological Pushing
  - a) Upright Positions
  - b) Waiting to Push until the Urge-to-Push is Felt ("Laboring-Down")
  - c) Spontaneous Pushing
- 20) Waterbirth
- 21) Skin-to-Skin Contact
- D. Challenging Labors
  - 1) TOLAC/VBAC
  - 2) Back Pain
- 3) Prolonged/Precipitous
- 4) Induced
- E. Breastfeeding
  - 1) Allowing Baby to Self-Latch
  - 2) Keeping Mothers and Babies Together
  - 3) Support
  - 4) Latch and Positioning
  - 5) Building a Milk Supply
  - 6) Early Problems and Solutions
  - 7) Guidelines for Referrals
  - 8) Day-to-Day Living Issues
  - 9) Cultural Influences
- F. Postpartum
  - 1) Family and Social Support
  - 2) Comfort
  - 3) Rest
  - 4) Nutrition
  - 5) Exercise
  - 6) Sexuality and Fertility

## III.

### COMPETENCY THREE

Help women and their families to understand how interventions and complications influence the normal course of pregnancy, birth, breastfeeding, and early postpartum. (21%) 32 questions

- A. Pregnancy Complications
  - 1) Multiple Gestation
  - 2) History of Infertility/Assisted Reproduction
  - 3) Preexisting health conditions such as diabetes, cardiovascular disease, sickle cell disease, HIV
  - 4) History of depression or other mental health issues/Perinatal Mood Disorders
  - 5) Previous Pregnancy/Birth Loss
  - 6) History of Abuse
  - 7) Previous Traumatic Birth
  - 8) Obesity
  - 9) Hyperemesis
- 10) Gestational Diabetes
- 11) Hypertensive Disorders
- 12) Infections
- 13) Placenta Previa
- 14) Amniotic Fluid Problems
- 15) Preterm Labor
- 16) Post-Term Labor
- 17) Diagnosis of Suspected Fetal Abnormalities/Fetal Death
- B. Pregnancy Interventions
  - 1) Prenatal Testing
  - 2) Day-to-day Living Restrictions
- C. Labor and Birth Complications
  - 1) Premature Rupture of Membranes
  - 2) Dystocia
- 3) Malpresentations/CPD
- 4) Prolapsed Cord
- 5) Fetal Distress
- 6) Placental Complications
- 7) Unexpected Outcomes
  - a) Fetal Abnormalities
  - b) Stillbirth
  - c) Traumatic Birth
- D. Labor and Birth Interventions
  - 1) Repeat Cesarean Surgery
  - 2) Induction
  - 3) Continuous Electronic Fetal Heart Rate Monitoring

**III.****COMPETENCY THREE (CONTINUED)**

- 4) Restrictions on Movement and Positioning, Food and Fluids, and Support
  - 5) Time Limits for Labor Progress
  - 6) Vaginal Examinations
  - 7) Intravenous Fluids/Saline Locks
  - 8) Pain Medications
    - a) Regional Analgesia
    - b) Opioids
    - c) Nitrous Oxide
  - 9) Augmentation
  - 10) Amniotomy
  - 11) Urinary Catheter
  - 12) Directed Pushing
  - 13) Instrumental Delivery
  - 14) Episiotomy
  - 15) Cesarean Surgery
  - 16) Immediate Cord Clamping
  - 17) Cord Blood Collection
  - 18) Effects of Interventions on Birth Hormones
  - 19) Cascade of interventions
- E. Newborn Complications**
- 1) Preterm
  - 2) Postterm
  - 3) Meconium Aspiration
  - 4) Hypoglycemia
  - 5) Jaundice
- F. Complications of the Early Postpartum**
- 1) Warning Signs
  - 2) Postpartum Hemorrhage
  - 3) Postpartum Infections
  - 4) Postpartum Mood Disorders
  - 5) Breastfeeding Concerns
  - 6) Grieving
- G. Interventions During the Postpartum Period**
- 1) Separation of Mother and Baby
  - 2) Routine Newborn Procedures
  - 3) Scheduled Newborn Feedings
  - 4) Supplementation to Breast-feeding Babies
  - 5) Circumcision

**IV.****COMPETENCY FOUR**

Provide information and support that encourages attachment between babies and their families. (6%) 9 questions

- A. Newborn Characteristics and Capabilities**
- 1) Physical
  - 2) Feeding Cues
  - 3) Activity/Sleep States
  - 4) Temperament
- B. Newborn Needs**
- 1) Physical
  - 2) Developmental
  - 3) Emotional
  - 4) Safety
- C. Process of Attachment**
- D. Family and Cultural Influences**
- E. Lamaze Philosophy of Parenting**

**V.****COMPETENCY FIVE**

Assist women and their families to make informed, shared decisions for childbearing. (4%) 6 questions

- A. Process of Informed, Shared Decision-Making**
- B. Impact of Choosing a Health Care Provider and Place of Birth**
- C. Creating Personal Plans for Birth**
- D. Communication and Negotiating Skills**
- E. Strategies for Facilitating Normal Birth Within the Context of Limited Options**
- F. Mother-Friendly and Baby-Friendly Guidelines**

**VI.****COMPETENCY SIX**

Act as an advocate to promote normal, natural, healthy, and fulfilling childbirth experiences for women and their families. (8%) 12 questions

- A. Changing the Culture of Birth to Support the Lamaze Philosophy**
- B. Advocacy in the Classroom**
- C. Advocacy in the Community**
- D. Collaboration with other Organizations**
- E. Risks of Advocacy**
- F. Influences of Vested Interests**
- G. Concepts of Power, Influence, and Control**
- H. Disparities and Inequities in Care and Maternal and Fetal Outcomes**

**VII.****COMPETENCY SEVEN**

Design, teach, and evaluate a course in Lamaze preparation that increases women's confidence and ability to give birth. (16%) 24 questions

- A. History of Lamaze Childbirth Education**
- B. Evidence-Based Practice in Childbirth Education**
- C. Strategies to Build Confidence**
- D. Incorporating Guidelines of Professional Organizations (i.e., WHO)**
- E. Ways Individuals Learn**
- F. Learning Environments**
- G. Teacher Communication Skills H. Group Process**
- I. Curriculum Development**
- 1) Needs Assessment
  - 2) Goals and Objectives
  - 3) Developing and Sequencing Content
  - 4) Teaching Strategies
  - 5) Evaluation
- J. Cultural Competence**
- K. Adaptations for Different Abilities: Physical/Intellectual/Social**
- L. Teaching Aids**
- M. Legal and Ethical Issues Related to Professional Practice**
- N. Establishing and Marketing a Childbirth Education Practice**
- O. Lamaze Standards for Childbirth Education**
- P. Competencies for Lamaze Certified Childbirth Educators**
- Q. Using Social Media in Your Practice**