CBE Instructor Qualifications	10D

Childbirth Education

Childbirth education classes help expectant parents become knowledgeable and prepared for the last trimester of pregnancy, labor, delivery, and newborn care as well as for the physical, emotional, and relationship changes that will take place as they transition to becoming a new parent. Classes support couples with decision making about family-centered care; address fear and understanding of pain management options; learn relaxation, breathing, and visualization techniques for labor; and gain some understanding about possible medical interventions and complications. Classes include developing a birth plan, touring the birthing unit, learning about newborn care and feeding, developing a social network with other pregnant moms and dads, and being aware of community resources that can support new families.

There may be different types of classes available in each region. Standards for childbirth education classes were set by a statewide prenatal committee including certification of CBE instructors.

Acceptable certifications include: ICEA; Lamaze International (formerly ASPO); Bradley Method; Birthworks; CCES; and New Hampshire Childbirth Education Association. Other programs that have a strong mentoring and teaching component included in the training curriculum, including observed teaching of the full curriculum by a certified instructor, may be considered as meeting the standards for CIS reimbursement.

Classes may be offered by qualified instructors at hospital Birthing Units, physician practices, Home Health Agencies, or other private providers in the community. Childbirth classes have traditionally been paid as fee for service for women enrolled in Medicaid or Dr. Dynasaur via the CIS maternal child health services budget.

This service remains under the umbrella of maternal child health services and is funded through the CIS bundled payment structure as of July 1, 2013. Sub-contracts will need to be executed with individual qualified instructors and/or their employing institution.

CBE instructors will provide a copy of their certification to the regional CIS fiscal agent upon request.