 VERMONT DEPARTMENT FOR CHILDREN AND FAMILIES CHILD DEVELOPMENT DIVISION	<h1>GM: 10.5</h1>
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Childbirth Education (CBE)

Childbirth Education (CBE) classes help expectant parents learn about physical, social, emotional, and relationship changes, and assist with developing a plan for managing the birth and postpartum process. The classes follow an approved curriculum (see below). These supports may occur in many community settings, e.g., within a hospital, community agency, or private practice, and are components of Children's Integrated Services (CIS).


Childbirth educators are part of the continuum of Children's Integrated Services, and have comprehensive knowledge of supports and services for prenatal and postpartum families in their communities. It is expected that there is on-going communication between the educators and CIS team member(s), including referrals to and from the CIS regional coordinator and/or team members. CBE services ensure that expectant and postpartum mothers and their partners receive appropriate information about child birth, development, and parenting, as well as referrals to community-based supports when needed.

This service shall be delivered according to the standards for childbirth education classes set by a statewide perinatal committee, which include certification of CBE instructors. Acceptable Childbirth Education certifications include: International Childbirth Education Association (ICEA), Lamaze International, Bradley Method, Birthworks, CCES, and New Hampshire Childbirth Education Association. Other certificates will be considered and approved as acceptable as long as they have strong teaching and mentoring components in the curriculum, including observation by a certified instructor of an individual fully implementing the curriculum. CBE instructors will provide a current copy of their certification to the regional CIS fiscal agent upon request.

Childbirth Education Services include:

A certified childbirth educator:

1. Provides group classes that help expectant parents learn about self-care, fetal development, preparation for labor, birth and postpartum care, signs of labor, what happens during the birth process and postpartum, and understand the

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role of a partner or labor coach;

Childbirth Education classes include:

- i. Supporting development of a birth plan;
 - ii. Touring the birthing unit and asking questions of the staff;
 - iii. Learning about newborn care and feeding;
 - iv. Discussing the social-emotional transitions for parents during intra-partum and postpartum;
 - v. Facilitating the development of a social network with other pregnant /postpartum moms; and
 - vi. Introducing parents to the array of community support and resources for new families;
2. Informs and supports the expectant parent(s) learning and decision-making process about family centered care;
 3. Addresses fears and understanding of pain management options;
 4. Shares strategies for breathing, relaxing and visualization during labor; and
 5. Discusses medical interventions and possible birth complications.