

Table of Contents

Introductory Module

A Message from the Director of Childbirth Educator Training: Becoming a Childbirth Educator	3
Working through the ALACE CBE Program	14
Requesting the Final Exam	22
Required Reading List	24
Scope of Practice for CBEs	31
ALACE Policy on Controversial Issues	33
Who's Who at ALACE	35
Class Completion Certificate	38

Module #1 -- Birth Today

Required Reading	3
Learning Objectives	3
What You Will Learn in this Module	4
Suggested Teaching Outline	5
Background Material	16
For Further Study	55
Learning Activities	57
Personalized Instruction Questionnaire	59
Module Feedback Form	61
Transmittal Form for Written Work	63

Module #2 -- Pregnancy--Growth and Decision Making

Required Reading	3
Learning Objectives	3
What You Will Learn in this Module	4
Suggested Teaching Outline	5
Background Material	20
For Further Study	36
Learning Activities	39
Module Feedback Form	43

Module #3 -- The Process of Birth

Required Reading	3
Learning Objectives	3
What You Will Learn in this Module	4
Suggested Teaching Outline	5
Background Material	28
For Further Study	44
Learning Activities	45
Module Feedback Form	53

Module #4 -- Creating *Your* Birth

Required Reading	3
Learning Objectives	3
What You Will Learn in this Module	4
Suggested Teaching Outline	5
Background Material	27
For Further Study	58
Learning Activities	59
Module Feedback Form	61

Module #5 -- When Birth Doesn't go the Way You Planned

Required Reading	3
Learning Objectives	4
What You Will Learn in this Module	4
Suggested Teaching Outline	5
Background Material	20
For Further Study	42
Learning Activities	43
Module Feedback Form	55

Module #6 -- The Newborn, Postpartum and the Family

Required Reading	3
Learning Objectives	4
What You Will Learn in this Module	4
Suggested Teaching Outline	6
Background Material	26
For Further Study	42
Learning Activities	45
Module Feedback Form	47

Module #7 -- Potluck and Community Building/ Teaching and Doing Publicity

What You Will Learn in this Module	3
Suggested Teaching Outline	4

Module #8 – The Teaching Module

Required Reading	3
Learning Objectives	3
What You Will Learn in this Module	4
Background Material	5
Teaching Basics	5
Preparing to Teach	52
For Further Study	70
Learning Activities	71
Module Feedback Form	77

Appendix A: Class Handouts

Appendix B: Resources and Teaching Aids

Appendix C: Teaching Tips

Appendix D: Business Aspects of Childbirth Education