

Introduction to Assisting the Homebirth Midwife:

A class for entry-level assistants and apprentices



With Rena Figures, CPM, and Rachel Andresen, Midwife

Saturday, October 31st, 2015 8am-5pm

Sunday, November 1st, 2015 8am-5pm

This intense 2-day class is geared toward the “green” or inexperienced midwifery student who wishes to gain practical hands-on skills to seek work as a midwife's assistant, or to seek an apprenticeship. No experience necessary!

Class size is limited to 6 participants to allow for adequate hands-on experience and practice with midwives.

To register: call Rena at 785-766-7571.

\$350

Must be paid in full by October 16th to secure your spot in the class.

Healthy snacks and lunch are provided both days.

To register: call Rena at 785-766-7571.

***Location: Rena's Midwifery Office in Saint Marys, KS , on Hwy 24 (Approx 35 minutes from Manhattan or Topeka).**

***Please read Q&A for more detailed info about class.**

Introduction to Assisting the Homebirth Midwife:

A class for entry-level assistants and apprentices

Q & A

What will be covered in the class? How will it be structured?

We will use lecture, discussion, videos, role playing and skills practice for learning in our class.

Topic list: differing roles on the Birth Team, what to bring to a birth, confidentiality, appropriate communication, handling the on-call lifestyle, charting, finding an apprenticeship, entering and integrating into the birth space, birth kits and supplies, setting up the birth space and birth pool, keeping mama fed and hydrated, keeping the space tidy, vitals (BP, pulse, temp, heart tones with fetoscope and doppler, urinalysis for ketones), bellymapping, your role during pushing, the first 10 minutes postpartum/observation, postpartum vitals on mom and baby, assisting at a waterbirth, examining and handling the placenta, tidying and cleaning the birth space, helping in the postpartum period, sterile technique, gloving/ungloving/washing, assisting with exams, assisting resuscitation, assisting with a transport, and other emergencies.

Is there anything I should do to prepare?

Yes! Get a copy of [Heart and Hands](#) by Elizabeth Davis. Any edition will do. Read it before the class.

What should I bring to class?

- Pens
- Clipboard (for practicing charting and taking notes)
- Wear comfortable clothing for floor work
- Any equipment you already have such as a fetoscope, stethoscope, BP cuff, etc.
- Your copy of [Heart and Hands](#)
- Water bottle
- Notebook, note paper
- Watch with a second hand
- Pillow or throw blanket (for floor work)

What materials will be provided?

You will receive a bag of disposable birth supplies to practice with during the class and at home (bulb syringe, deLee, cord clamps, sterile gloves to practice sterile gloving, etc). You'll also receive many handouts for the lecture material, and generic charts that we will use during class to record the vital signs you get in your hands-on practice.

In class, you will have a chance to practice setting up a primary midwife's birth kit, see what's in a family's birth kit, help with setting up a birth pool, practice taking vitals on each other, and more.

Will this class train me to be a midwife?

Heck no! This class will get you started as an entry-level assistant or apprentice. Becoming a primary midwife will take years of apprenticeship.

What else might a primary midwife want me to learn after taking this class, and before applying to be an assistant/apprentice?

Your primary midwife will likely want you to be trained and certified in Professional CPR for children/adults and certified in Neonatal Resuscitation. If you are seeking an apprenticeship, you should download and read the Candidate Information Bulletin on the narm.org website.

Can I bring my nursling or child?

We will be working quickly through a LOT of material in very focused work. As much as I fully support mamas and babies, it would be best to find childcare for your children. In fact, finding solid childcare will be a necessity for you if you're entering the midwife's lifestyle.

Will I get a certification?

You will get a signed certificate from the teachers stating that you have completed the 2-day course. You will also have the option of adding your name to the list of people that have completed the course, which will be available to practicing midwives in Kansas.

Will there be food?

You bet! Throughout the class, a snack table will be kept fully stocked in the hallway: Fruit, nuts, butters, yogurt, coffee, tea, etc. and a simple/healthy lunch will be provided both days. If you have food restrictions, you may want to bring some food of your own in the event that you are limited by the selection.

Have more questions? Great! Call Rena at 785-766-7571.