

# PREGNANCY AND BIRTH FROM THE BABY'S POINT OF VIEW

## THE FETAL PHYSIOLOGY AND SIGNS OF FETAL ADAPTATION AND HEALTH

By Verena Schmid, Midwife and Teacher

6-9 June 2011  
4 days, 28 hours

Venue: Agriturismo LA GINESTRA in the country close to Florence, Italy

*Aims: to achieve clinical and relational tools to improve the foetal wellbeing during pregnancy and birth.*

*The baby has many competencies and resources that can be stimulated and observed.*

*Learn how the baby grows, learns and develops his competencies, how you can understand that he/she is ready for birth, how he/she prepares his resources for birth and becomes able to face the challenge of transformation and adaptation in the world. Learn to observe the signs of foetal health and to improve his wellbeing with non medical tools. Learn about the long-term effects of stress in the primal period of life and about how to recover in the first year of life.*

**Timetable:** 1° day 3-8 pm, 2° and 3° day 9-13 am, 2.30 – 7 pm, 4° day 9 - 12.30 am, 1.30 – 4.00 pm

### **Program:**

*Foetal health in pregnancy: salutogenesis and clinical aspects*

- Foetal physiology from conception to birth: the central role of the placenta
- the foetal adaptation, the bio psychical competencies of the intrauterine child, coping capacity's
- The biologic dialogue between the mother's and the foetal organisms in their independent and symbiotic functions
- The prenatal bonding as a clinical factor
- The clinical observation of the functions of the placenta: signs of health and signs of attention
- The circular evaluation and a holistic approach to the baby in the womb
- Touch (the hands) as a tool of clinical relief
- Observations on the mother – baby relationship, different levels
- The non verbal language of the baby: intuition and symbols
- Reading the signs coming from the baby, the signs of his readiness to start labour
- Tools for observation of the baby's wellbeing and interventions to improve it
- *Soft treatment to stimulate the growing and the reactivity of the baby*

*Foetal health during labour and birth: salutogenesis and clinical aspects*

- Foetal adaptation during labour, the foetal adrenaline, the bio psychical competencies of the baby, reactivity and coping during labour and birth, his resources

- the physiological changes during labour as precursor of postnatal adaptation
- the influence of labour hormones and drugs on foetal physiology and coping
- the signs of regular or irregular labour in relation to the mother-baby communication
- the observation of the foetal adaptation on three levels: body, behaviour, relationship; listening to woman and baby
- observing the difference between signs of normal foetal stress and foetal distress, comparing stress and resources
- The compression of the foetal head and prevention of foetal traumas
- How to facilitate the foetal wellbeing in labour
- The fathers role in foetal wellbeing
- Tools of observation of the foetal wellbeing and midwife-specific interventions to improve it
- Protective interventions to improve foetal reactivity in labour
- Elements from research for a correct evaluation
- Transition after birth and the cord clamping problem: scientific evidences versus clinical experience

**Methodology:** Theory, practical experiences and bodywork are alternated during teaching, in order to promote a deeper knowledge of the subject and a deeper learning. The participation should be active and unbiased. Wear comfortable clothes and bring socks with you. The course is limited to 20 participants.

**Evaluation:** evaluation will be continuous, oral and through group work. At the end of the workshop there will be a questionnaire of general evaluation of the learning.

**Cost of the course:** Euro 360,00

**Last term for Booking: 15 May 2011**

Venue: La Ginestra, [www.laginestra.toscana.it](http://www.laginestra.toscana.it), phone +39 (0)55 8248196

Please send the registration fee of euro 150,00, without expense to the beneficiary to the following bank account:

Scuola Elementale di Arte Ostetrica Srl

Unicredit Banca, Viale dei mille - Firenze

Account number:

IBAN: IT 42 A 03002 02826 000003455224

BIC SWIFT code: BROMITRDXXX

Please send by fax or e-mail a copy of the bank receipt.

Fax number is +39 (0)55 576266, e-mail: [info@marsupioscuola.it](mailto:info@marsupioscuola.it)

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