

TEACHING STRATEGIES

The attention span of the adult is 20 minutes. The educator needs to change teaching methods frequently to keep the class motivated.

Buzz Session – time limited (5-15 minutes) small group work on a clearly defined task
separate woman and their partners and ask them to list concerns about delivery

Demonstration – used to teach a skill
breathing, relaxation

Discussion – strategy used to deliberate on a topic of mutual concern
epidurals, c/s

Field Trip/Tours – a trip to an unfamiliar place to observe real life situation
tour of OB department

Games – structured activity where learners compete to reach a goal
bingo, jeopardy

Handouts – information written down for the learner to review
explain handouts before giving them out

Humor – helps break the ice
using comics from newspapers or books, making overheads, incorporating humor in the discussion

Interview – a discussion in front of a group where the speaker answers questions
pediatrician, pediatric dentist, anesthesiologist

Lecture – organized oral presentation of subject content; is the least preferred method of learning
epidurals, medications used in labor

Media Presentation – slides, videotapes, audiotapes, movies shown to the class followed by discussion

Questioning – eliciting learner responses to teacher-posed questions
asking questions on signs of labor to evaluate learning

Role Playing – participants enact real life situations without a script
C/S scenario

Simulation – learners are asked to respond to real life situations and practice solutions
labor rehearsal

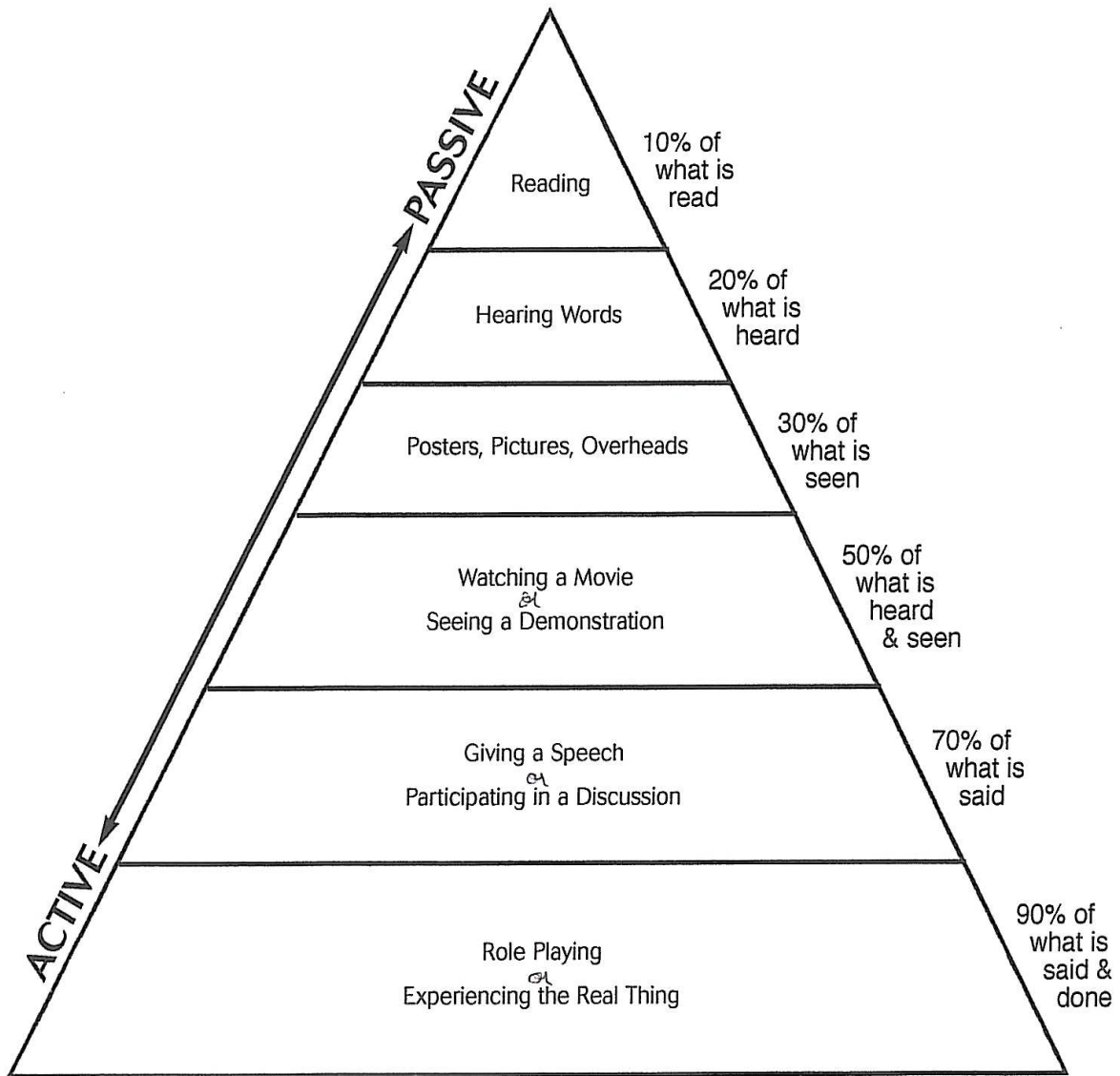
Storytelling – using a story to relate information about a certain topic
story about a labor or parenting experience

Visual Aids – using poster, transparencies, knitted uterus, hospital equipment

Ice Breakers – helps to make the participants become more comfortable with each other
roll the dice and then facts about oneself according to the number rolled

WHAT PEOPLE REMEMBER

LEVEL OF INVOLVEMENT



Source: Hilbers S. "Teaching aids and skills for the childbirth educator."

Resources

Websites:

www.transitiontoparenthood.com

www.birthingnaturally.net

www.passionforbirth.com

www.postpartum.net

Books:

Innovative Teaching Strategies Handbook - Livingston and Denedy

The Birth Partner - Simkin

The Labor Progress Handbook - Simkin and Ancheta

The Official Lamaze Guide - Lothian and DeVries

Hit the Ground Crawling - Bishop

Other:

The Idea Box for the Creative and Interactive Childbirth Educator - Shilling

Staying Energized Game - Shilling

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