

Lesson Instructions

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Published by:

The Heritage House '76, Inc.
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Suitable For: All clients.

Time Frame: Anytime in the late third trimester or immediately after the baby is born.

Lesson Objective: To help a client understand how to care for her body after childbirth and what the healing process will entail.

Instructions: Copy the DVD worksheet and give it to the client. Show the DVD: *Caring for Yourself after Childbirth*. After the DVD, check the answers on the DVD worksheet using the DVD Worksheet Key. Then ask the questions from the discussion sheet. Look for any opportunity to both to reinforce the lesson and to learn more about your client.

Homework: Give the client the brochure *Caring for Your Body after Childbirth* and a copy of the homework sheet.

Supplies: DVD: *Caring for Yourself after Childbirth*; Brochure: *Caring for Your Body after Childbirth*

Length of Video: 40.5 minutes

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



This lesson will help your clients understand the recovery required after childbirth.

