

# Papa Lawe Hānai Kaiāulu

Perinatal Community Health Worker Training and Mentorship Program of Hui Mālama Ola Nā 'Ōiwi

## CURRICULUM FOR THE 125 HOUR TRAINING OVERVIEW

Content Area	Contact Hours	Examples of Training Topics
<b>Pregnancy, Birth &amp; Postpartum Education</b>	40	Nutrition for Pregnancy & Postpartum; Healthy Exercise; Pregnancy Discomforts, Warning Signs; Normal Physiologic Birth; Signs of Labor, Stages of Labor; Comfort Measures & Labor Techniques; Hospital Procedures, Informed Consent, & Birth Plans; Postpartum Healing after Vaginal & Cesarean Births; Vaginal Birth After Cesarean; Perinatal Mental Health, Postpartum Mood & Anxiety Disorders; Birth & Postpartum Plans; High Risk Pregnancies; Homebirth & Hospital Birth; COVID-19 & Maternal-Child Health; Sexual Abuse & Trauma History Effects on Maternal Health and Birth
<b>Breastfeeding, Parenting &amp; Infant Care Education</b>	45	Indigenous Breastfeeding Counselor Concepts; Anatomy of the Breast; Milk Production; First Hour Breastfeeding; Basics of Latch Assessment; Teaching Latch & Positioning; Addressing Common Breastfeeding Problems; Scope of Practice and Knowing When to Refer; Benefits of Breastfeeding; Risks of Formula Feeding; Bottle feeding; Pumping & Milk Storage; Returning to Work; Safety Principles of Preparing Infant Milk Formula; Newborn Infant Feeding Cues; Newborn State Control; Newborn Sleep; Safe Infant Sleep; Baby-Wearing; Attachment Parenting; Neonatal Intensive Care; Perinatal Loss; Vaccinations; Fathers, Fatherhood, Partners, & Blended-Families
<b>Perinatal Community Health Worker Foundations</b>	40	Maternal Health Disparities, Reproductive Justice & Historical Trauma; Health Assessment Tools (Edinburgh Postnatal Depression Scale, Ages & Stages Questionnaire); Home Visiting Principles (Counseling Skills, Active Listening Skills, Standard Precautions); Presentation & Facilitation Skills, Adult Learning Styles; Case Management (Interdisciplinary Teams, Scope of Practice, Referrals, Talking with Providers, Coordination of Care, Community Resources); Infant & Young Child Feeding in Emergencies & Disasters (Volcanoes, Hurricanes, Bomb Threats, & Pandemics)
<b>Traditional Hawaiian Health Concepts and Practices</b> to be woven through each of three Western Content Areas		Ho'oponopono Lā'au Lapa'au Hānau Hānau Keiki Hānai Waiū Lomi Lomi for moms & babies Care for 'iewe and piko