



Conference Objectives

01.	<p>Presenter(s): Kristen Hosaka, DC, DBB, SpBAP</p> <p>Presentation Title: Sacrum in Labor: Observing The Subtle Signs Of Progress</p>
<i>As a result of participation in this continuing education activity, participants should be able to:</i>	
<ul style="list-style-type: none"> Describe fascia and how it relates to sacral motion in labor Differentiate normal and abnormal motion of the sacrum in labor Demonstrate 2 techniques to correct abnormal sacral motion 	

02.	<p>Presenter(s): Rachel Shapiro Davies, CNM, LM, SpBT, RN, CM, CPM</p> <p>Presentation Title: Role of the Round Ligaments: Round Ligament Illustrations in Pregnancy & Birth</p>
<i>As a result of participation in this continuing education activity, participants should be able to:</i>	
<ul style="list-style-type: none"> Distinguish the Round Ligaments by their structure, their functions, and their anatomical origin and insertions. Categorize the various Round Ligament insertion sites and their accompanying symptoms of imbalance. Correlate the type of fibers and receptors on the round ligaments to the type of technique needed to restore physiological balance. Evaluate the efficacy of the Three Sisters of Balance forward leaning inversion technique for restoring balance to the round ligaments. Identify two different anatomical locations to release round ligaments in pregnancy and birth. Identify direct release techniques which can restore physiological balance to the round ligaments in pregnancy and birth. 	

03.	<p>Presenter(s): Lindsay McCoy, Birth Doula</p> <p>Presentation Title: The Yielding Pelvic Floor: How To Encourage A Goldilocks Pelvic Floor - Not Too Tight And Not Too Weak</p>
<i>As a result of participation in this continuing education activity, participants should be able to:</i>	
<ul style="list-style-type: none"> Understand the role of the pelvic floor during birth Identify the posterior chain and its impact on birth space Define biotensegrity Understand potential impact of hypotonic or hypertonic pelvic floor in birth and ways to address prenatally or at the birth itself List the parts of the deep core system. Understand the connection between the glutes and the pelvic floor 	



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04. Presenter(s): **Maggie Walker, Yoga Teacher, Doula & Childbirth Educator**
 Presentation Title: **Yoga for All**

05. Presenter(s): **Nicole Morales, LM, CPM**
 Presentation Title: **Observing Birth: Focusing on the Whole Instead of the Hole**

As a result of participation in this continuing education activity, participants should be able to:

- List 3 ways to track labor progress without doing a vaginal exam.
- Describe the main limitation of using cervical dilation as the sole assessment for progress.
- Assess labor progress in relationship to fetal descent using external visual, auditory, and tactile indicators.

06. Presenter(s): **Brunaalmeida Koucoulas, Ba In Biomedical Sciences, Ba In Midwifery Care, Ma In Physiology, Pgdi In Heart-Lung Perfusion**
 Presentation Title: **Labor Dystocia: Poor Physiological Maintenance Favors Prodromal Labor.**

As a result of participation in this continuing education activity, participants should be able to:

- Understand the importance of resting, eating and drinking in labor.
- Lack of essential physiological maintenance that leads to labor dystocia.
- Labor position matters for effective uterine contractions.

07. Keynote Presenter(s): **Yvette Erasmus, M.Ed. PsyD**
 Presentation Title: **Getting to Flow: Communication And Physiology: Connecting With Self And Others**

As a result of participation in this continuing education activity, participants should be able to:

- Identify and name sensations, feelings and needs
- Distinguish between feeling and thinking
- Compare the varying effects of requests versus demands
- Communicate observations, sensations, feelings, needs and requests free from judgment and demands.



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- 08. Presenter(s): Gail Tully, Creator of Spinning Babies®, CPM**
Presentation Title: Belly Mapping® Method and Perceptive Palpation

As a result of participation in this continuing education activity, participants should be able to:

- Compare an overlapping forehead to an engaged fetus in a term pregnancy.
- Create a positive description of a malpositioned fetus to connect the parent to a set of gentle activities as a relational way to optimize baby's position
- Add 2 new palpation techniques to Leopold's maneuver

- 09. Presenter(s): Claire Eccleston, Midwife, Spbt, Stream Practitioner, Craniosacral Therapist**
Presentation Title: Biodynamic Birth: Ancient Intelligence- Animal Bodies

As a result of participation in this continuing education activity, participants should be able to:

- Define biotensegrity versus biomechanics in relationship to birth.
- Recognize somatic perception and utilize this appropriately to support birth.
- Recall the bodies' resources for resilience.
- Critique how a biodynamic approach aligns with SpinningBabies® principles.

- 10. Presenter(s): Karen Strange, AAP/NRP Instructor, CPM**
Presentation Title: Karen Strange: Homebirth Newborn Resuscitation Skills for Parents and Professionals

As a result of participation in this continuing education activity, participants should be able to:

- Learners will be able to name the most likely reason a baby is having difficulty breathing at or around the time of birth. Learners will be able to name the most likely resolution if confronted with a baby not breathing, or not breathing well.
- Learners will be able to name the transition that takes place for each baby at the time of birth.
- Learners will be able to name what to do with the umbilical cord, at a normal birth.



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- 11. Presenter(s): Jenny Blyth, Birthworker, Educator, Associate Practitioner in Ortho-Bionomy**
Presentation Title: Pelvic Jiggling: One Of The Three Balances

As a result of participation in this continuing education activity, participants should be able to:

- Know how to share information with parents regarding the benefits of jiggling.
- Apply appropriate and respectful negotiation regarding touch.
- Know how to jiggle another safely, comfortably and effectively, using the above considerations.
- Witness the calming experience, sense of balance and soft tissue relaxation that comes from the vibration of jiggling.

- 12. Presenter(s): Hermine Hayes-Klein, J.D.**
Presentation Title: Restoring Justice: Healing Birth Through Human Rights & the Restoration of the Divine Feminine

As a result of participation in this continuing education activity, participants should be able to:

- Describe the historical relationship between the imbalance between men and women under Patriarchy, and the relationship of humans' toward Earth and nature under Patriarchy.
- Understand the role of Law, across nations and cultures, in correcting and re-orienting systems of injustice and exploitation.
- Discuss how principles of fundamental justice translate into human rights, and how human rights translate into legal rights and obligations that can be drawn upon and made meaningful for those who work in maternal healthcare.

- 13. Presenter(s): H. Sule Selman, M.D., Asst. Professor**
Presentation Title: First Births: Focusing On The First Labor In The Prevention Of Multiple C-Sections

As a result of participation in this continuing education activity, participants should be able to:

- Participants will have increased knowledge about the role of first births particularly in order to prevent recurrent cesarean sections.



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**14. Presenter(s): Lorenza Holt, MPH, SpBT, BDT(DONA)
Presentation Title: Interprofessional Teamwork In The Birth Setting: Successfully Integrating Spinning Babies® Into Practice**

As a result of participation in this continuing education activity, participants should be able to:

- List three ways doulas work in collaboration with L&D nurses
- List three common barriers faced by pregnant parents that may limit their ability to practice a daily self-care routine
- Describe how doulas can work with Spinning Babies Parent Educators to encourage full integration of a daily practice
- Describe three suggestions a doula can make during labor and birth utilizing the Spinning Babies® approach.
- List three situations in a labor when a doula would need to defer to a medical provider before recommending a Spinning Babies® technique to a birthing parent.

**15. Presenter(s): Nicole Morales, LM, CPM (with Jamie Mossay, CMT, CF/BFW and Emma Moreland, Bodyworker , LM, CPM, SpBT, SpBAP)
Presentation Title: Birth Trauma: Prevention, Presence, and Restoration**

As a result of participation in this continuing education activity, participants should be able to:

- List 3 ways birth workers in all settings can minimize trauma during or before labor.
- Explain ways to prepare parents to cope with an unplanned and/or unwished for cesarean birth.
- Suggest 3 activities parents might do that could be restorative to the body and nervous system.



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16. Presenter(s): Melissa Anne DuBois, RN, BSN, CE, LC
Presentation Title: Laboring Down: Examining the Research on Passive Descent in the 2nd Stage

As a result of participation in this continuing education activity, participants should be able to:

- List 3 evidence based approaches to limit intervention during labor and birth
- List 2 possible risks & benefits of delayed pushing
- List 2 possible risks & benefits of immediate pushing
- List 3 Spinning Babies® labor positions that can be utilized to open the pelvic outlet during delayed pushing
- List the 3 pillars of evidence based practice and discuss the role of patient values in the management of the second stage of labor

17. Presenter(s): Gail Tully, Creator of Spinning Babies®, CPM
Presentation Title: Future of Birth and Spinning Babies®

As a result of participation in this continuing education activity, participants should be able to:

- Describe a physiology first paradigm for childbirth
- Compare assumptive birth positioning (random choices or favorites) with Pelvic Levels SolutionsSM
- Report an improved birth statistic from birth practices integrating Spinning Babies®
- Identify the leading strongholds of physiological birth using the Spinning Babies® approach.

Maternity House Publishing, Inc. dba Spinning Babies® is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This conference has been awarded up to 25 contact hours. Contact hours will be awarded upon completing and passing a post-test with a score of 80% or higher.

Up to 25 CE's have been awarded from ANCC.