



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Consulenza Pedagogica al Sistema Nascita

2425-1-F8501R068

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#### Course title

Around birth: a pedagogical perspective

Lessons are held in Italian

#### Topics and course structure

Why the knowledge of the essential aspects of the phenomenology of pregnancy, birth, postpartum and neonatal period, are also important for pedagogists?

How the knowledge of different contexts and care paths is useful for pedagogists and all the educational professionals?

The aim of the course is to answer these questions, through the construction of a conscious look at what is happening around the birth.

Despite the fact that for several decades international, documents and guidelines have recognized in the basic theoretical assumptions the multidimensional bio-psycho-social nature of pregnancy, childbirth and neonatal period, these founding events of the human adventure are often represented, described and included within predominantly bio-medical categories.

Instead recognize the intrinsic (self)educational values of these processes, identify the implicit pedagogies that inform the different paths and choices of care, allows the pedagogical consultant to understand the factors that facilitate or hinder the expression of the transformative potential inherent in these events, for all involved.

Concretely, it is a matter of questioning how the conditions within these events take place influence parents' and professionals' experiences and their systems of belonging, which impact in the short, medium and long term.

In the course, with the contribution of professionals as midwives, obstetricians, neonatologists and epidemiologists, we will offer essential knowledge related to the phenomenology of pregnancy, birth and neonatal period, showing how what fits into this sensitive period influences the experience.

It will also illustrate the normative frameworks and the different organizational models, tools and criteria to actively search for reliable information, in particular in the web, to build a conscious and pedagogically oriented look around

the birth.

## Objectives

To know the essential elements of the processes related to pregnancy, birth and the neonatal period, care paths and models, regulatory frameworks and institutional contexts

- Recognize how the elements of concreteness (materiality) influence the experience of the involved subjects
- Relate to specific languages and reference categories of the birth system
- Be able to activate effective communication between professionals from different disciplines, services and institutions
- Be able to find reliable information based on the problem and the recipients

## Methodologies

Each topic will be developed starting from the knowledge and representations of students around the proposed topics, discussed with the teacher and with experienced professionals in the field, parents, representatives of associations and privileged witnesses.

There will be group work based on case analysis, active research of information, the deepening of the bibliography of examination and the topics proposed and of specific interest of students

## Online and offline teaching materials

Articles and materials for study will be uploaded to the e-learning platform and can be requested to the teacher via e-mail.

## Programme and references

In-depth studies on the conceptual and institutional frames of reference of the birth system, on specific thematic nuclei, other texts, documents and articles available on-line will be proposed during the lessons and, in agreement with the lecturer, may replace some of the texts in the bibliography.

The bibliography below is the same for both attending and non-attending students:

Texts:

Spandrio, Regalia, Bestetti Fisiologia della nascita, Carocci, 2014 (capp. 1, 2, 6, 7, 9, 10, 11, 12,13, 16, 18 da pag.572) seconda edizione 2024 in corso di pubblicazione

G. Colombo A. Regalia, La nascita: rischi reali, pericoli percepiti, Carocci, 2019

Un testo di narrativa a scelta tra:

R. Cusk Il lavoro di una vita. Sul diventare madri. Einaudi Torino 2021

A. Pellai La vita accade. Una storia che fa luce sulle emozioni maschili, Mondadori, 2022

A. D'Adamo Come d'aria. Feltrinelli, 2023

A. Lattanzi Cose che non si raccontano, Einaudi, 2023  
M. Pugnaghi Splendore di Luna. Avventura di una prematura, Incontri Editrice 2021  
V. Parrella Lo spazio bianco, Einaudi, 2008

Two texts among the recent manuals for parents on the topics  
for all

C. Rivaldi Il viaggio eroico dell'essere genitori, U edizioni, Como, 2024 e il documento "Nurturing care for early childhood development" (WHO, 2018) traduzione italiana reperibile sul sito [csbonlus.org](http://csbonlus.org)  
plus one of your choice to be agreed in advance with the lecturer

Sitography

[www.salute.gov.it/portale/donna](http://www.salute.gov.it/portale/donna)  
[www.epicentro.iss.it/percorso-nascita/](http://www.epicentro.iss.it/percorso-nascita/)  
[www.saperidoc.it](http://www.saperidoc.it)  
[www.uppa.it](http://www.uppa.it)  
[www.acp.it](http://www.acp.it)  
[www.mami.org](http://www.mami.org)  
[www.genitoripiù.it](http://www.genitoripiù.it)  
[www.ciaolapo.it](http://www.ciaolapo.it)

Detailed information about the course material will be published on the e-learning page associated with the course.

Although this course is held in Italian, for Erasmus students, course material can also be available in English, and students can take the exam in English if they wish to do so.

## **Assessment methods**

The exam is an interview based on the discussion of a birth experience, collected by the student and written without any intervention on the text, sent to the teacher at least 7 days before the exam, on the understanding of the fundamental contents of the texts in the bibliography, the articles proposed and/or found in the recommended websites and on the ability to make connections between texts's contents and the main topics explored in the interview.

## **Office hours**

The teacher can be contacted by mail [giovanna.bestetti@unimib.it](mailto:giovanna.bestetti@unimib.it) or by tel 3478760907 (better by appointment agreed by mail or message whatsapp).

## **Programme validity**

## **Course tutors and assistants**

## **Sustainable Development Goals**

ZERO HUNGER | GOOD HEALTH AND WELL-BEING | GENDER EQUALITY | REDUCED INEQUALITIES

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