



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Training in Antenatal Education - 1

2526-2-I0102D119-T1

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#### Aims

Getting to know the conducting methodologies and relational dynamics in the group of pregnant women.

#### Contents

The course provides the student the fundamentals to conduct antenatal classes

#### Detailed program

1. The relational dynamics into the group.
2. How to stimulate the discussion into the group.
3. How to stimulate the group development.
4. The active training methodologies.
5. The techniques for body activities during pregnancy

#### Prerequisites

none

## **Teaching form**

Participation in a birth accompaniment course at a hospital or territorial facility

## **Textbook and teaching resource**

S.Pairman, S. K. Tracy, H. Dahlen, L. Dixon, P. Peart, B. Pulis, Midwifery Preparation for Practice, Elsevier Health Sciences, 2023, 5nd edition.

## **Semester**

1-2 semester

## **Assessment method**

attendance

## **Office hours**

on appointment

## **Sustainable Development Goals**

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

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