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Welcome to this MotherTouch™ ONLINE course!

THE BENEFITS OF PRENATAL MASSAGE

1 NCBTMB CE

This is a stand-alone course
and also **Module I of the Fundamentals of Prenatal Massage Online Course.**

INSTRUCTOR/AUTHOR: Leslie Stager RN, LMT, NCBTMB Provider

INSTRUCTIONS FOR PARTICIPATION AND CREDIT

To receive the MotherTouch™ Certificate of Completion participants must complete the activities listed, utilize materials offered and receive a minimum score of 85% on the post-quiz.

Credit

This course provides 1 NCBTMB CE. For information about acceptance of NCBTMB continuing education credit in your state, please consult your professional licensing board. The number of CE's per course is based partly on NCBTMB reading time measurement of 250 words per minute and partly on actual read time by sample participants.

Follow these steps to earn NCBTMB credits:

To successfully earn NCBTMB credit and receive the certificate of completion, participants must read the directions for taking each course and complete the activities and steps noted below:

1. **Read** the **learning objectives** below.
2. **Study** all **written content** online or printed out.
3. **Watch** all videos and powerpoint videos.
4. Take the online **Quiz**. Choose the best answer to each multiple choice question.
5. Complete the **Evaluation Form** to provide feedback for future programming.
6. Upon successful completion of steps 1-5, you may **view** or **print** the certificate. You may not alter the certificate.
7. If you find any error on the certificate, contact MotherTouchClasses@gmail.com to request a correction.
8. **You are responsible** to keep track of your CE's. MotherTouch™ is not responsible for lost or unrecorded CE's once you have downloaded the certificate.

About the Quiz

To receive the MotherTouch™ Certificate of Completion participants must complete the activities listed, utilize materials offered, and answer the multiple choice questions. Because you may refer to the text, video or other materials in this course while taking the quiz, you must receive a passing score of 85% in order to successfully pass and receive your certificate.

Time Allowed

These courses are designed to be completed within 6 months of registering and making payment. You can take part of the course and return to it again later as your time allows. After 6 months, your course will expire and you will have to re-register and start over.

COURSE DESCRIPTION

This course outlines the benefits of and basic concerns about touch during the peri-natal cycle. Multi-cultural attitudes toward pregnancy are discussed and powerpoint images with audio explore the benefits of touch during pregnancy and the importance of reducing prenatal stress that affect baby's brain development. This 1 CE course will give you a short immersion into the MotherTouch online courses! Other courses include more video, powerpoint, articles, and updated information not found in the text Nurturing Massage for Pregnancy.

CONTENT OUTLINE

Massage During Pregnancy: A Unique Opportunity 1 CE

- Content: Reading & Video:
 - Honoring the wisdom keepers
 - Touch Traditions
 - Benefits of Pregnancy Massage
 - Issues about Touch during Pregnancy
 - Dispelling myths (more to be dispelled in Precautions and Contraindications Online course)

CONTENT MATERIALS:

1. **PDF:** Chapter 1 from Leslie's book: Nurturing Massage for Pregnancy Textbook: *Massage During Pregnancy: A Unique Opportunity*
2. **POWERPOINT video:** Benefits of Prenatal Massage (21 minutes)
3. **ONLINE QUIZ**
4. **COURSE EVALUATION**
5. **CERTIFICATE OF COMPLETION**

LEARNING OBJECTIVES

1. List 3 unique aspects of working with pregnant, laboring and postpartum women.
2. Discuss global use of touch traditions during pregnancy and birth.
3. List and explain 11 benefits of touch during the childbearing cycle.
4. Describe 2 ways touch during pregnancy affects a woman's relationship to mothering her baby.
5. Explain 2 myths and relevant facts about touch during pregnancy.

LESSONS BEGIN HERE

LESSON I:

READ Text PDF Online or Download or read in the Leslie Stager's textbook Nurturing Massage for Pregnancy: CHAPTER I: (9 Pgs)

NOTE: You may read Chapter 1 in *Nurturing Massage for Pregnancy* by Leslie Stager, or read the same chapter in this PDF version at this: **LINK:** https://drive.google.com/file/d/1N-flhoSFO-958TPSGz5evKHLIJNI_Nrw/view?usp=sharing

LESSON II:

POWERPOINT VIDEO: Benefits of Prenatal Massage (21 min)

<https://vimeo.com/mothertouch/prenatalmassage>

Password: **none needed**