

# THE **BUNDLEBIRTH** © 2019 BUNDLE BIRTH NURSE MENTORSHIP PROGRAM

## WHAT TO EXPECT *Month to Month*

### *1st Trimester*

#### Month 1 - **What You Do Matters**

Welcome & Workbook  
Foundations training  
Mission Statement

#### Month 2 - **Patient Education**

What's Our Role?  
Patient Ed for Common Topics  
Real Life Demo

#### Month 3 - **Coping with Labor**

Coping through All Stages  
Coping badge reel

### *2nd Trimester*

#### Month 4 - **Shared Decision Making**

Benefits/Risks/Alternatives  
Shared Decision Making

#### Month 5 - **Physiologic Birth**

Intro to Physiologic Birth  
\*Great foundation for the 8-hr  
workshop

#### Month 6 - **Bereavement**

Coping with the hard stuff for RNs  
Bereavement for Nurses  
Case Studies

### *3rd Trimester*

#### Month 7 - **Breastfeeding**

First Latch  
Alternative Methods of Feeding  
Pumping + Hand Expression

#### Month 8 - **Birth Trauma**

Trauma Informed Care  
Vicarious Trauma for Nurses

#### Month 9 - **Some Scary Stuff**

Common Emergencies Workbook  
Case studies  
Emergency management

### *4th Trimester*

#### Month 10 - **Fetal Monitoring**

EFM + IFM  
Legal + Charting

#### Month 11 - **OH Baby!**

Normal vs Abnormal  
Common Complications

#### Month 12 - **LAUNCH**

What's Next?  
Making a Difference

*This Mentorship is for nurses of all experience levels.*

For more information or to SIGN UP visit  
[www.bundlebirth.com/mentorship](http://www.bundlebirth.com/mentorship)

Every month a new training will open. You will have access to hours of trainings, a custom workbook, a community page and optional group zoom call with your cohort for added learning and community.