

**Practical Childbirth and Parent Education (PCAPE)  
January 2008 Newsletter**

**First Impressions**

The saying "you don't have a second chance to make a good first impression" is especially relevant to educators and healthcare providers. Your entire class series is often judged based on that important first impression of you, the classroom and facility. Is it warm and welcoming? Easy to find? Comfortable? Have space for coats and boots and umbrellas?

Adequate parking or valet parking Is the visual environment pleasant and relevant to the class topic? Is clutter hidden or screened from view? AV's and class materials ready before the first participant enters the room? Background music playing? Are you dressed and groomed like a professional? (Generally that means one level above the class members, so no scrubs, sweats or jeans.)

Do you have an activity for early-arriving class members?

How do you begin your first class?

- activity
- audiovisual
- class and classroom orientation
- class content
- class overview
- icebreaker
- introductions
  - your name and credentials
  - class members
- nametags
- other \_\_\_\_\_

First, number the items you currently use to begin your class in the order of presentation.

Next, read an article or teaching tip from a current blog, journal, newsletter or website relevant to the class you teach. \*

Evaluate the sequence above based on the information you researched.

Reorder the sequence if appropriate.

How do you begin your first class? Revisions

- activity
- audiovisual
- class and classroom orientation

\_\_class content  
\_\_class overview  
\_\_icebreaker  
\_\_introductions  
    \_\_your name and credentials  
    \_\_class members  
\_\_nametags  
\_\_other \_\_\_\_\_

\* Suggested sources:

[childbirthtoday.blogspot.com](http://childbirthtoday.blogspot.com) <<http://childbirthtoday.blogspot.com/>>  
<http://4woman.gov/HealthPro/>  
[www.childbirthconnection.org](http://www.childbirthconnection.org) <<http://www.childbirthconnection.org/>> .  
<http://www.birthpsychology.com/>  
[http://www.childbirthconnection.org/article.asp?ClickedLink=334&ck=10068  
&area=27](http://www.childbirthconnection.org/article.asp?ClickedLink=334&ck=10068&area=27)  
<http://birthwithconfidence.blogs.lamaze.org/>  
<http://pcape.com/newsletter.html>  
[http://pregnancychildbirth.suite101.com/blog.cfm/what\\_childbirth\\_classes  
\\_you\\_prefer](http://pregnancychildbirth.suite101.com/blog.cfm/what_childbirth_classes_you_prefer)  
<http://well.blogs.nytimes.com/2007/11/12/the-end-of-childbirth-101/>  
[http://icea.org/mem\\_journal.html](http://icea.org/mem_journal.html)  
<http://www.ingentaconnect.com/content/lamaze/jpe>

book: Innovative Teaching Strategies Handbook for Birth  
<<http://store.valueweb.com/servlet/pregnant/Detail?no=41>>  
This book brings a greater understanding of the needs of the adult learner and how to choose appropriate teaching strategies to meet those needs  
available from [www.pregnanttoparent.com](http://www.pregnanttoparent.com).  
<<http://www.pregnanttoparent.com/>>  
<http://store.valueweb.com/servlet/pregnant/Categories?category=Professionals%3ABooks>

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