

WHAT TO EXPECT *Month to Month*

1st TRIMESTER

Month 1 - What You Do Matters
Welcome Packet
Mentorship overview
*Mindfulness & Health
Learning assessment
*Skills/personal Growth Plans
Foundations training

Month 2 - **Patient Education
*Physical & nutrition overhaul
Educational needs assessment
Patient Education training
* Access to Bundle Birth's Online
Childbirth Class (6.5 hrs)

Month 3 - **Coping with Labor
Coping with Labor Cheats
*Stress & breath work activities
Coping badge reel
*Balancing your life
Coping with Labor training

2nd TRIMESTER

Month 4 - **Shared Decision Making
Shared Decision Making Cheat
*Scheduling & how to thrive
BBN custom planner download
Growth plan
Shared Decision Making Training

Month 5 - **Physiologic Birth
Physiologic Birth Cheat
*Let's Play!
*Growth Plans
Physiologic Birth Training

Month 6 - Bereavement Counseling
*Morning & night routines
Coping with the hard stuff for RNs
Bereavement nurse resources
Bereavement for Nurses Training

THE BUNDLE BIRTH NURSE MENTORSHIP PROGRAMS

3rd TRIMESTER

Month 7 - *Breastfeeding
First Latch Cheats
*Professional self care
First latch badge buddy
*Growth plans
First latch with L&D

Month 8 - *Birth Trauma & Avoiding It
Birth Trauma Worksheets
*Interpersonal Relationships
*Growth Plans
Birth Trauma for L&D Training

Month 9 - Some Scary Stuff
Sepsis/Hemorrhage/Shoulder
Dystocia
*Hormone health
Case studies
Emergency management

4th TRIMESTER

Month 10 - TBD based on cohorts needs ...
but it will be GOOD.

Month 11 - TBD based on cohorts needs

Month 12 - TBD based on cohorts needs

*THE 1:1 Mentorship Only

**this is a training features Sarah Lavonne

Trainings are about 1 hour,
CEs pending BRN approval

This is not an exhaustive list, other resources,
recommendations, etc will be added throughout