

# Powerful Mamas® Checklist



## Unit 6: Preparing For Potential Labor Challenges

- Creating Wish Lists
- Avoiding an Unnecessary Cesarean
- Coping With Normal Labor Variations

## Unit 7: So, Baby Has Arrived...Now What?!

- Common Newborn Procedures
- The “4th Stage” & Mama’s Recovery
- Life With Baby

## Unit 8: Breastfeeding Your Baby

- Breastfeeding 101