

Childbirth preparation is
a continually evolving process...
not a static structure of techniques
and knowledge.

Pam England

Reflect on a learning experience in which you were the student.

What about the experience helped you to learn?
What about the experience made it difficult to learn?
What do you remember about the instructor?
How did the physical environment impact learning?
How did the other students impact/influence your learning?

Adult learners

- Have a learning style preference
- Use knowledge right away
- Affected by past experience
- Benefit from positive relationships

The best educators work to
create an environment
that fosters and
nurtures learning.

Trish Booth

We teach the way we prefer to learn