Before beginning Session 1, you may wish to recall how the sessions are presented.

Aims - aim of the specific session

Objectives - what the student will be able to do upon completion of each session

Plan - outline plan for the session

Resources – student instructions and worksheet, puzzles and text books

Instructions for the teacher (text in italics): explain how to lead the session, step-by-step, and sometimes include suggested methods for assessment.

Supplementary material for the teacher (normal text): gives details of the teaching content for both theory and practice.

Instructions for students (labelled as "Instructions for Students", or "Instructions for Group Work"): provide guidelines for individual or group activities.

Other important points to consider before you begin:

- The time-frame indicated in the plan at the beginning of each session in the module may be changed by the teacher, as required. Depending on the knowledge and abilities of students, and on their learning needs, the time required for an activity may be longer or shorter than the time specified in the plan. It is estimated that this module will require between 10 days and 2 weeks to teach.
- Ensure that any Notes for Students you wish to use are prepared in advance and are made available to your class at the beginning of the module/session.
- If you have prepared pre- and post-tests, you should refer to the appendix at the end of the module before beginning the first session in the module.
- Remember that this module, like the other technical modules, is not meant
 to replace midwifery textbooks. It may, therefore, be helpful to have at least
 one such textbook available for reference as you progress through this and
 the other sessions in the module.