



**SELF-ASSESSMENT SHEET**  
**FORM C**  
**ICEA Childbirth Educator Certification Program**

Candidate \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**PART I** Circle the number that most closely fits your assessment of your ability in these areas. Use the following scale:

1 = seldom      2 = occasionally      3 = often      4 = consistently

- 1 2 3 4 I recognize specific expectations and goals of couples.
- 1 2 3 4 I understand the function of a group facilitator and assume it comfortably.
- 1 2 3 4 I permit flexibility in the time allotted each subject, according to class needs.
- 1 2 3 4 I recognize the effect of personal experience and opinion and use it appropriately.
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- 1 2 3 4 I encourage individual class members to ask questions and participate in discussion.
- 1 2 3 4 I maintain respect for the individual feelings and opinions of class members.
- 1 2 3 4 I make certain each individual has a place in the group and receives attention.
- 1 2 3 4 I create a class atmosphere that is relaxed and friendly.
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- 1 2 3 4 I teach that birth is a natural and normal process of a healthy woman.
- 1 2 3 4 I explain the pros and cons of the various maternal positions assumed in labor.
- 1 2 3 4 I teach parents to recognize the variety of signs of the stages/phases of labor.
- 1 2 3 4 I help parents achieve confidence in a variety of labor coping techniques.
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- 1 2 3 4 I give parents a clear understanding of their right to give informed consent.
- 1 2 3 4 I assist parents in making informed choices by giving knowledge of alternatives.
- 1 2 3 4 I give parents insight on why routine medical intervention may not be desirable.
- 1 2 3 4 I promote consumer participation in local health care planning.
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- 1 2 3 4 I recognize my limitations in knowledge.
- 1 2 3 4 I have ability to incorporate ideas and knowledge from outside sources.
- 1 2 3 4 I show evidence of current reading and awareness of new findings.
- 1 2 3 4 I seek out the necessary information to answer specific questions.

- 1 2 3 4 I avoid embarrassing or making an unfavorable example of a couple or mother.
- 1 2 3 4 I have the ability to be supportive when exploring different options.
- 1 2 3 4 I treat couples as intelligent and self-directing adults.
- 1 2 3 4 I encourage the expression and exploration of unspoken concerns or needs.
  
- 1 2 3 4 I give clear, accurate and logical directions for exercises.
- 1 2 3 4 I allow sufficient time for practice during class.
- 1 2 3 4 I am comfortable with correct terminology for male and female body parts.
- 1 2 3 4 I adapt the childbirth method to the individual needs of the parents.
  
- 1 2 3 4 I provide information about policies and routines of area hospitals.
- 1 2 3 4 I inform parents of available choices in maternity care.
- 1 2 3 4 I teach freedom of choice based on knowledge of alternatives.
- 1 2 3 4 I educate parents on their legal rights and responsibilities in making informed choices.
  
- 1 2 3 4 I advocate breastfeeding as the preferred means of promoting nutrition, neonatal immunization, and maternal-infant bonding.
- 1 2 3 4 I advocate avoidance of medical intervention in uncomplicated pregnancy, labor, birth, post-partum.
- 1 2 3 4 I respect the parents' right to accept or reject material and ideas.
- 1 2 3 4 I strive to develop mother-partner skills in communication and working together.

## PART II

For each of the previous statements in Part I that has a 1 or 2 circled, give a brief description of the steps you have taken and the steps you have planned to achieve improvement. Use a separate sheet of paper if necessary. Discuss these areas with your evaluator.

### PART III

How would you summarize your philosophy concerning:

1. Rights and responsibilities in making informed choices based on knowledge of alternatives.
2. Medical intervention in uncomplicated pregnancy, labor, birth, and postpartum.
3. Family-centered maternity care.
4. Parental participation, sharing, and individual satisfaction in vaginal and cesarean birth.
5. Breastfeeding as a preferred means of promoting infant nutrition, neonatal immunization, and maternal-infant bonding.

### PART IV

Give one example of a situation or a question you encountered before entering the ICEA Childbirth Educator Certification Program that you would have handled differently given the knowledge acquired in the program:

1. State the situation or question you've chosen as the example.
2. State your actions or responses at the time.
3. State how you would react or respond if the situation took place today.

Submit this form and any additional papers to your evaluator.  
Discuss PARTS II, III, and IV with the evaluator.