



ICEA CHILDBIRTH EDUCATOR CERTIFICATION REQUIREMENTS

ICEA Childbirth Educator Certification Program

1. Enter the program.
2. Maintain continuous ICEA membership.
3. Successfully complete the ICEA childbirth educator certification process
 - A. Obtain a minimum of 18 ICEA contact hours within the two years prior to the date the examination application is submitted. See contact hour guidelines.
 - B. Observe a minimum of two labors or births according to ICEA guidelines within the two years prior to the date stamped on the examination application form. See labor or birth observation guidelines.
 - C. Successfully complete a minimum of one evaluated teaching series according to ICEA guidelines within the two years prior to the date stamped on the examination application form. See evaluated teaching guidelines.
 - D. Submit ICEA examination application, evaluation and verification forms. See guidelines for applying for the certification examination.
 - E. Take the ICEA certification examination within one year following application.
4. Demonstrate advocacy of:
 - A. Rights and responsibilities in making informed choices based on knowledge of alternatives
 - B. Legal rights and informed consent
 - C. Family-centered maternity care
 - D. Avoidance of medical intervention in uncomplicated pregnancy, birth and postpartum
 - E. Parental participation, sharing and individual satisfaction in vaginal and cesarean births
 - F. Breastfeeding as an excellent means of promoting nutrition, neonatal immunization and maternal-infant bonding
 - G. Consumer participation and advocacy in local health care planning
5. Demonstrate detailed knowledge of and ability to teach:
 - A. Anatomy (male and female) and physiology of reproduction (preconception, conception, pregnancy, labor, birth and postpartum)
 - B. Physical and emotional changes of pregnancy, birth and postpartum
 - C. Fetal development and newborn characteristics
 - D. Iatrogenic and teratogenic influences in pregnancy
 - E. Perinatal screening and diagnostic procedures
 - F. Body conditioning exercises for pregnancy, birth and postpartum
 - G. Maternal and infant nutrition
 - H. Coping mechanisms for labor, including relaxation, breathing techniques, comfort measures
 - I. Common abnormal or unexpected variations during the childbearing year
 - J. Medical interventions and procedures during the birth process, including analgesia and anesthesia; non-invasive alternatives
 - K. Newborn assessment; circumcision
 - L. The history, development and philosophy of childbirth education

6. Demonstrate teaching ability:
 - A. Understand and apply principles of adult education
 - B. Prepare and use an extensive teaching plan
 - C. Adapt childbirth method(s) to the needs of individual parents
 - D. Present material in a clear, concise, understandable, non-threatening manner
 - E. Show enthusiasm, sensitivity, respect for others
 - F. Evaluate self

7. Demonstrate professional responsibilities:
 - A. Develop workable relationships with other professionals who have contact with class participants
 - B. Acquire knowledge of national, regional and local laws pertaining to the rights and responsibilities of expectant parents and the legal responsibilities of the childbirth educator
 - C. Acquire knowledge of ICEA structure and services
 - D. Demonstrate knowledge of national and community agencies to which parents with special concerns may be referred

8. Demonstrate ability to exercise judgment when sharing ideas, personal beliefs and research with clients:
 - A. Maintain familiarity with current scientific findings pertaining to pregnancy and childbirth
 - B. Ascertain the validity of such material
 - C. Respond to the individual needs of class participants
 - D. Maintain objectivity
 - E. Recognize the right of the parent to accept or reject material, ideas, or alternatives

9. Begin the recertification process following certification:
 - A. Maintain continuous ICEA membership during the four-year period of certification if in the member category.
 - B. Obtain a minimum of 24 ICEA contact hours within the four-year period of certification or attend a complete ICEA International Convention.
 - C. Complete **one** of the following requirements within the four-year period of certification and submit verification of completion with recertification application.
 - Observe a minimum of three labors OR births according to the ICEA guidelines.
 - Have a class series observed by another educator.
 - Observe another childbirth educator's class series.
 - Earn additional contact hours by attending a complete ICEA Professional Training Workshop or ICEA convention core.
 - D. Complete a self-evaluation of teaching.

10. As an ICEA Certified Childbirth Educator, continue to grow in knowledge and experience. Be an advocate of "freedom of choice based on knowledge of alternatives."