# Essential Newborn Care Course - ENC 1: Immediate Care at Birth and Helping Babies Breathe

Example agenda for two-day course

Find more resources at [hmbs.org](https://hmbs.org/)

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| **Day 1** |
| On arrival | Pre-course Knowledge Check and rapid ventilation demonstration |
| 60 min | Introduction |
| 15 min | Break |
| 90 min | Grey zone: Preparation for Birth |
| 60 min | Break |
| 90 min | Green zone: Routine Care |
| 15 min | Break |
| 30 min | Yellow zone: The Golden Minute — Clear Airway and Stimulate Breathing |
| 60 min | Yellow zone: The Golden Minute — Establishing ventilation |
| 5 min | Adjourn for the day |
| **Day 2** |
| 30 min | Review day 1 and answer questions |
| 60 min | Yellow zone: The Golden Minute — Establishing ventilation, continued |
| 15 min | Break |
| 90 min | Red zone: Continued Ventilation |
| 60 min | Break |
| 60 min | Commit to making a difference |
| 15 min | Break |
| 30 min | Evaluation Part 1* Post-course Knowledge Check
* Post-course Bag and Mask Skill Check
* Discussion about what an OSCE is.
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| 60­­‑90 min | OSCE- A & B |
| 30 min | Closing session (certificates, photo) |