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

Example agenda for separate sessions over separate days

The course can be split into short sessions as shown in the example below. In this example, there are eight sessions of 90 minutes each. Another option would be a single 3½ hour session (with a half hour break) each week. Adjust the agenda to fit the participants’ schedule.

Splitting the course into short sessions over several days gives participants time to practice on their own between sessions.

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| EXAMPLE CALENDAR | | | | | | |
|  | 1  Session 1 | 2 | 3  Session 2 | 4 | 5 | 6 |
| 7 | 8 | 9  Session 3 | 10 | 11  Session 4 | 12 | 13 |
| 14 | 15  Session 5 | 16 | 17  Session 6 | 18 | 19 | 20 |
| 21  Session 7 | 22 | 23  Session 8 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 |  |  |  |  |

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| Session 1 | 90 min | Introduction and pre-course Knowledge Check |
| Session 2 | 90 min | Grey zone: Preparation for Birth |
| Session 3 | 90 min | Green zone: Routine Care |
| Session 4 | 30 min | Yellow zone: The Golden Minute — Clear Airway and Stimulate Breathing |
| 60 min | Yellow zone: The Golden Minute — Establishing ventilation |
| Session 5 | 90 min | Yellow zone: The Golden Minute — Establishing ventilation, continued |
| Session 6 | 90 min | Red zone: Continued Ventilation |
| Session 7 | 60 min | Commit to making a difference |
| 30 min | Evaluation Part 1   * Post-course Knowledge Check * Post-course Bag and Mask Skill Check * Discussion about Case Scenarios (OCSE). |
| Session 8 | 60­­‑90 min | OSCE- A & B |

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