



BirthReady™

Childbirth Education Series
Teacher Kit



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Birth Ready™

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Dear Certified Childbirth Educator,

Enclosed you will find a complete Christian Childbirth Education Series that you can deliver to expectant parents in a for-profit or not-for-profit setting as a Birth Ready approved teacher. Please read carefully the terms of use for the enclosed materials.

Teacher Lesson Plans

You have permission to use the enclosed Birth Ready class lesson plans to plan your Childbirth Education client or class sessions. You do NOT have permission to share or sell these lesson plans to others.

Parent Handouts

You have permission to print off and distribute the enclosed handouts to your clients and class members only when you are implementing the Birth Ready program.

You do NOT have permission to share these handouts with other childbirth professionals or make them freely available online or offline.

Likewise, you do NOT have permission to resell these handouts.

Birth Ready Website, Name, and Logo

As part of the Birth Ready family, your name and contact information will be featured on the BirthReady.co website. I have filed a trademark for the logo. But, you have permission to use the logo in the context of advertising the branded Birth Ready class. You do NOT have permission to use the logo as your business logo. E.g. Bonded from Birth Doula Service is pleased to offer Birth Ready classes.

Please visit the birthready.co store for Birth Ready branded gear.

Questions or Concerns? **Contact Inga Goodwin through BirthReady.co.**

Overview of Classes



Class Names and Topics	Materials*
<p>1. Healthy Pregnancy, Happy Baby</p> <ul style="list-style-type: none"> • 8 Laws of Health • Common Pregnancy Complaints • 5 Love Languages • <i>Breathing Techniques</i> 	<ul style="list-style-type: none"> • Divine Design Ep. 5, 6, 7 • BIRTHING handout • Relief handout • Community Resource Directory
<p>2. Birth Step-by-Step</p> <ul style="list-style-type: none"> • Birth Anatomy • Stages of Labor • <i>Positions for Labor</i> 	<ul style="list-style-type: none"> • Divine Design Ep. 8 and 4 • Birth Step-by-Step handout • Birth Anatomy Poster or Model Set
<p>3. Pain Coping Skills that Work</p> <ul style="list-style-type: none"> • Natural Coping Techniques for Labor • The Labor Support Person • <i>Movement in Labor</i> 	<ul style="list-style-type: none"> • Divine Design Ep. 9 • The 3 R's handout • Labor Support Team handout
<p>4. Know Your Options</p> <ul style="list-style-type: none"> • BRAIN and Birth Plan Preparation • C-sections and the Slippery Slope • Loss • <i>Biblical Affirmations</i> 	<ul style="list-style-type: none"> • Divine Design Ep. 10 • BRAIN handout • Your Birth Plan handout • C-Section Birth Plan handout • Bereavement Directory
<p>5. Welcome Baby, Caring for Mom</p> <ul style="list-style-type: none"> • Newborn Behavior • Newborn Care • Postpartum Self-care and Support • <i>Low Moans and Surrender</i> 	<ul style="list-style-type: none"> • Just the Essentials handout • EASY handout • The 5 S's handout • After Care handout • Postpartum Support Plan handout • baby items (picture) assortment • baby doll(s), swaddle, diaper, clothes
<p>6. Great Start Breastfeeding</p> <ul style="list-style-type: none"> • Benefits of Breastfeeding • How to Breastfeed • Pumping • <i>Take Charge Routine</i> 	<ul style="list-style-type: none"> • Divine Design Ep. 11 • Breastfeeding handout • Thank You cards • baby doll, mock nipple • breastfeeding, pumping supplies

* Note: For each class, you will need a board, at least 2 colors of markers, a birth ball, and a foam exercise mat. Announce at first class that they will need to bring a foam exercise mat to remaining class sessions.

- Divine Design Episodes 5, 6, and 7

1. Healthy Pregnancy, Happy Baby

Objectives: Parents will understand how to use the acronym BIRTHING to describe a healthy lifestyle for pregnancy and beyond. They will become familiar with how to address several common complaints in pregnancy. They will discover 5 ways to help their spouse know they are loved.

Warm-up

Due Date Line Up - Tell the group to freely mingle and introduce themselves while they figure out how to line up in order of due date. Make it more challenging if you want by asking them to do it without talking or by giving them a fast countdown.

Lesson Activities

1. BIRTHING Charades – Write down each law of health. Allow volunteers to take turns acting them out to see if group can guess them correctly.
2. Read Exodus 15:26 OR 1 Corinthians 6:20. Review BIRTHING on the board as a healthy lifestyle for pregnancy and beyond.

Law	Practical Tips	Impact on Pregnancy/Labor
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3. Complaints Charades - Write down various pregnancy complaints. Allow dads to take turns acting them out to see if the moms guess them correctly.
4. With each complaint, let participants share their experience, then you demonstrate or explain remedies.
5. Great Job Challenge – Ask the group (or split into teams) to come up with 5 different ways to communicate Great Job. How easy/hard was it?
6. Explain that the 5 Love Languages by Gary Chapman is a communication tool that can enhance their marital (or any) relationship before baby arrives and beyond. Write them on the board. Describe each love language.
7. Revisit the Great Job Challenge. See if group can now complete it easily.
8. Have each couple take the quiz at <https://www.5lovelanguages.com/>.

Active Labor Exercises

1. Long Exhale Breathing Exercise (1 minute): Inhale through nose on 3 counts, Exhale through mouth on at least 6 counts. “Inhale 1, 2, 3. Exhale 2, 3, 4, 5, 6. Again, Inhale 2, 3. Exhale 2, 3, 4, 5, 6....Dads, can you say it with me? Inhale 2, 3. Exhale 2, 3, 4, 5, 6....”
2. Horsey Lips Breathing Exercise (1 minute): Inhale through nose on 3 counts. On exhale, pucker lips with back teeth gently clenched, push air out so that your lips flap. Exhale at least 6 counts.

BIRTHING

A Healthy Pregnancy Lifestyle for Mom and Baby

BIRTHING is an acronym created by Patti Barnes, CPM, to describe the ideal lifestyle for a healthy pregnancy and natural labor.

- **Bodily Exercise**
- **Inhale Pure Air**
- **Rest in Darkness**
- **Temperance**
- **Hydrotherapy**
- **In the Sunlight**
- **Nutrition**
- **God's Word**

Moderate low-impact **Bodily Exercise** during pregnancy helps to promote circulation, endorphins (feel good hormones), and prepare one's stamina for labor. *Gardening and walking* are great exercises that can be done outdoors and help you meet two other important health principles – Inhale Pure Air and In the Sunlight.

Inhaling Pure Air provides much needed oxygen to mom and baby. Practicing deep breathing – in through the nose and slowly exhaling through the mouth – can really help you relax during labor.

Sunlight is not only important for Vitamin D production, but it goes with **Rest in complete Darkness** at night to ensure adequate melatonin is produced in the body. Melatonin helps to maintain the production of progesterone, which is critical to preventing early miscarriage.

Temperance is avoiding harmful substances like alcohol, smoking, and caffeine. Remember, many drugs can cause problems in the developing baby. Always consult your care provider before using any remedy – whether herbal or drug. It's also important to avoid harmful radiation, like cell phone signals and wi-fi devices. Keep your phone away from your body. Turn off all wi-fi and phones at night. The World Health Organization considers such electromagnetic radiation a likely carcinogen.

Hydrotherapy is the therapeutic external application of water. During labor, a warm bath is an incredible pain reliever.

To optimize **Nutrition**, focus on a diet of whole foods – liberally eating green leafy vegetables, whole grains, legumes and beans, nuts and seeds, and fruit. Drink plenty of filtered water and consult your care provider on prenatal vitamins.

Finally, meditating on **God's Word** will bring peace and courage to daily life and labor. One simple exercise is to claim His promises in prayer.