



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.

Scope of Practice

To protect our clients and our collective brand, you agree to conduct your classes within the scope of practice as described on the "Best Practices: A Balanced Approach" page.

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



Best Practices: A Balanced Approach

As a Birth Ready approved childbirth educator, I recognize the need to conduct myself and my classes according to evidence-based standards that agree with Biblical principles and promote safety. Even though I embrace God's ideal design in pregnancy, natural childbirth and breastfeeding, I recognize and respect others' choices and the need in high-risk situations for medical interventions. Therefore....

I will always recommend to women that they seek care from and have in attendance at their birth a licensed, legal primary care provider (doctor, nurse midwife, licensed midwife). Likewise, I will encourage women to seek guidance from their licensed primary care provider for specific personal medical questions.

I will teach balanced principles of nutrition and exercise. I will not encourage women to make drastic changes to lifestyle (e.g., become vegetarian/vegan, start daily running).

I will encourage women to lean on Christ as their source of strength during labor by teaching Biblical labor affirmations and comfort measures that engage with the labor process.

I will help women become aware of the many medical decisions they may need to make in labor for their care. I will encourage them to use BRAIN to explore options available to them with their primary care provider so they can be satisfied with their choices. I will not discourage families from their choice of birth site, nor will I teach that it is wrong or a lack of faith to accept medical interventions.

Likewise, there are many medical decisions a family must make for their newborn after birth. My job is to help parents be aware of the need to make decisions. It is not my job to share my opinion on which option they should choose. Instead, I will encourage families to use BRAIN to explore the options available to them with their baby's primary care provider so they can be satisfied with their choices.

I will teach families the safest sleep practice for newborns: Put newborns to sleep on their back, in their own bed, without loose bedding, in their parents' room.

Though I recommend breastfeeding as the optimal source of nutrition for newborns and teach parents how to do it, I will not express condemnation for formula-feeding.

I will not introduce into my class New Age or evolution-based practices, such as traditional meditation and chanting, yoga positions, placenta-eating, lotus birth, hypnosis, acupuncture, acupressure, reflexology, worldly affirmations and superstition.

Signed: _____

Date: _____