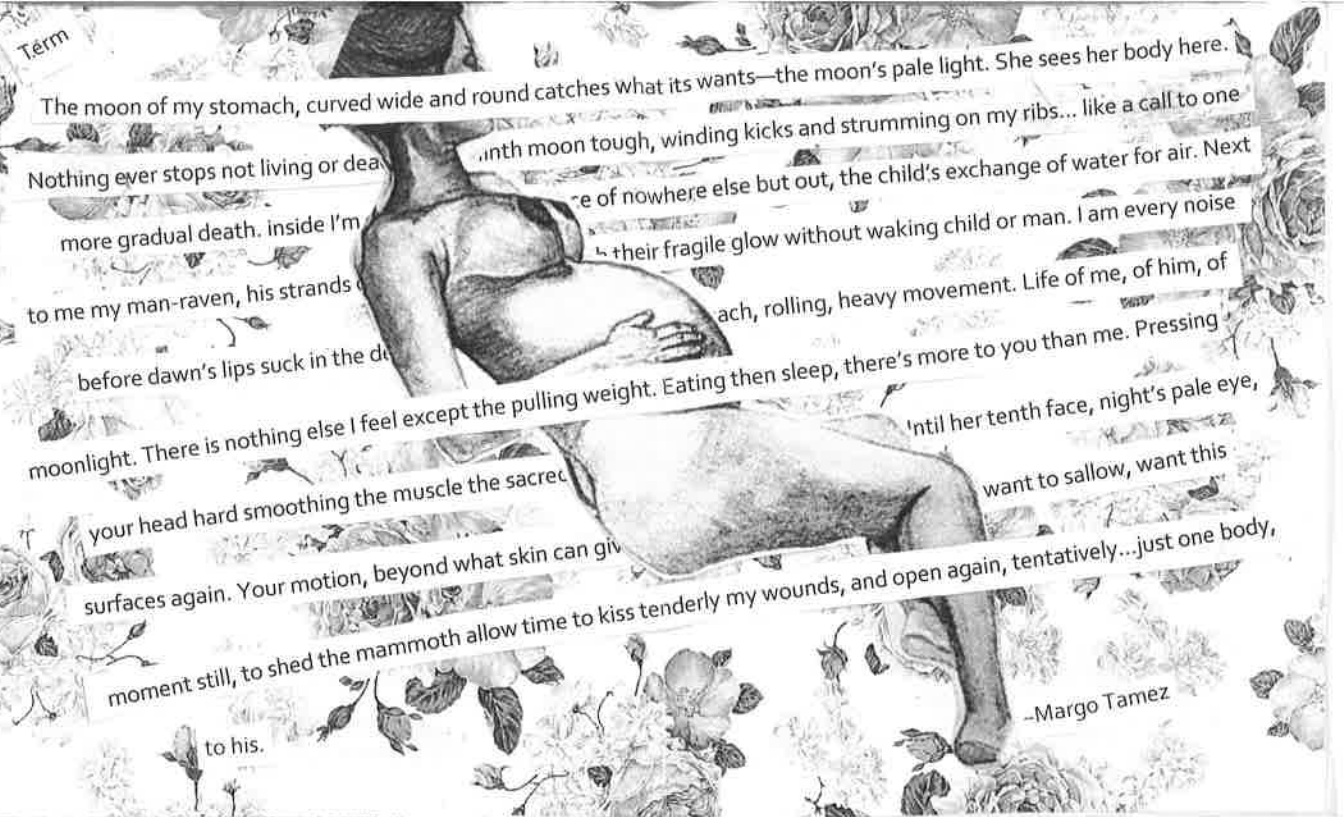


Prenatal

- Envisioning Birth
- Goals of the Birth
- Massage
- Birth Plan
- Meditation
- Nutrition
- Support
- Getting to Know Each Other
- Comfort Measures

Creating Your own Birth Plan

- If the baby and I are fine, and if I go past my estimated due date, I would like to wait until I go into labor naturally
- I feel comfortable with continuous fetal monitoring
- Ideally, I would like to deliver the placenta unassisted
- I would like to wear my own clothing while at the hospital or birth center
- I would like my baby to be placed on my abdomen immediately following birth



Term

The moon of my stomach, curved wide and round catches what its wants—the moon's pale light. She sees her body here.

Nothing ever stops not living or dead with moon tough, winding kicks and strumming on my ribs... like a call to one

more gradual death. inside I'm re of nowhere else but out, the child's exchange of water for air. Next

to me my man-raven, his strands their fragile glow without waking child or man. I am every noise

before dawn's lips suck in the di ach, rolling, heavy movement. Life of me, of him, of

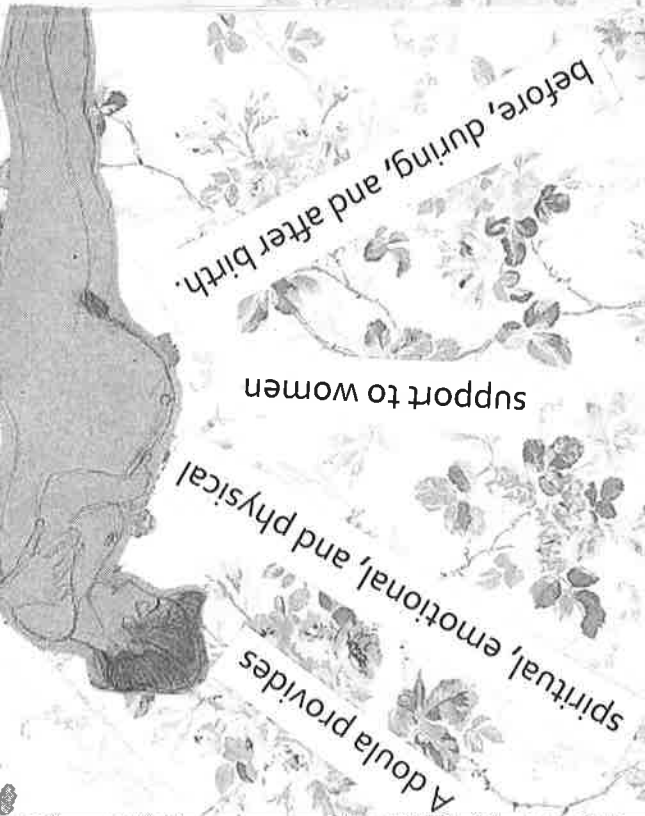
moonlight. There is nothing else I feel except the pulling weight. Eating then sleep, there's more to you than me. Pressing

your head hard smoothing the muscle the sacred want to swallow, want this

surfaces again. Your motion, beyond what skin can give moment still, to shed the mammoth allow time to kiss tenderly my wounds, and open again, tentatively...just one body,

to his.

-Margo Tamez

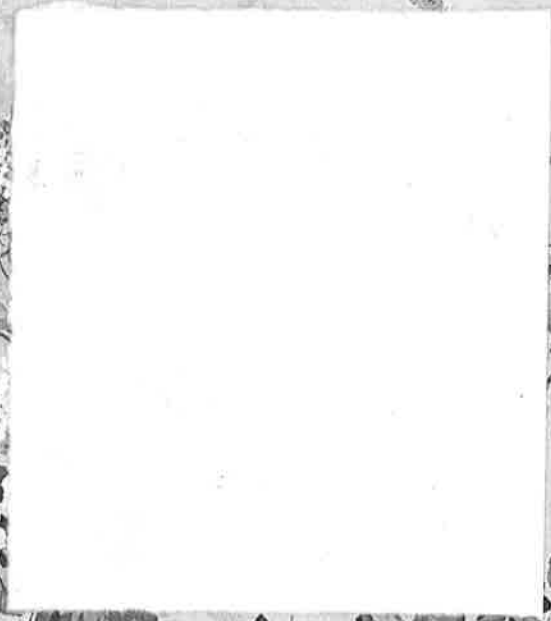


before, during, and after birth.

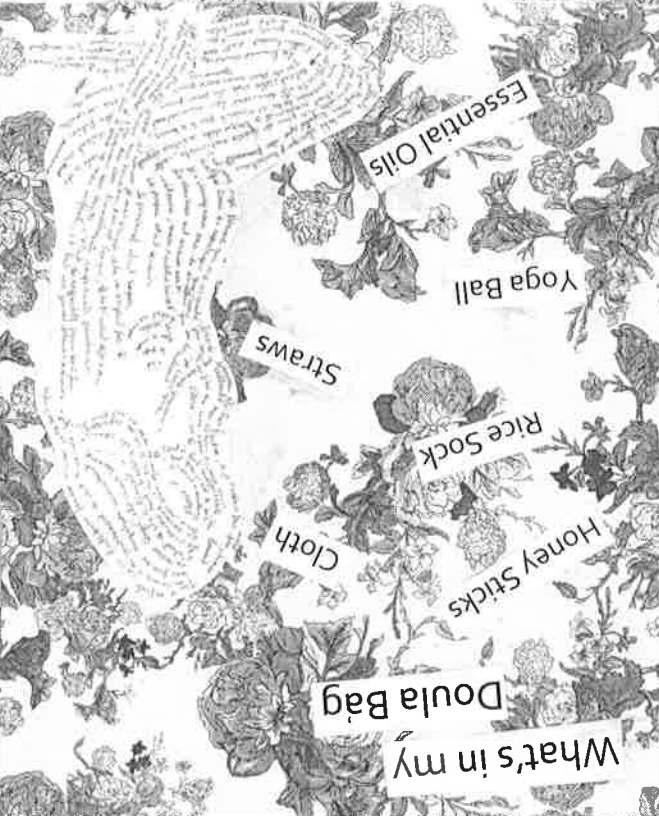
support to women

spiritual, emotional, and physical

A doula provides



How Do You Envision Your Birth?



- Essential Oils
- Yoga Ball
- Straws
- Rice Sock
- Honey Sticks
- Cloth
- Doula Bag
- What's in my



Birthing Positions

How to Become a Doula With ICTC

- Take these Steps:
 - Take the ICTC Full Circle Doula 30 hour course
 - Attend 5 Births
 - Take a Breastfeeding Education Course
 - Get CPR Certified
 - Write 3 Book Reports

ICTC's Mission Statement
 "The International Center for Traditional Childbearing (ICTC) is an infant mortality prevention, breastfeeding promotion and midwife and doula training organization. The mission is to increase the number of Black midwives, doulas, and healers, to empower families, in order to eliminate infant and maternal mortality."

Postpartum

- Doulas provide services such as housekeeping and meal preparation after birth
- Women who had a doula present at birth had a 34% decrease in the risk of being dissatisfied with their birth experience
- A doula offers breastfeeding support and education

Keep Calm

And

Hire A Doula

"Birth is not only about making babies. Birth is about making mothers—strong, competent, capable mothers who trust themselves and know their inner strengths."

~Barbara Katz



Birth in the United States

- Out of Hospital Births: 1.36%
- Average Cost of Homebirth: \$3,000
- Average Cost of Vaginal Delivery: \$10,000
- Average Cost of C-Section Delivery: \$15,000
- Women have a 1-in-1,800 risk for maternal death, The worst of any developed country in the world
- Women who receive care from a Certified Midwife have an episiotomy rate of 3.6% Compared to the national average of 25%
- Recommended C-Section Rate from WHO: 15%
- C-Section Rate: 32%