



**The Association for Wholistic Maternal and Newborn Health**  
**Promoting MotherBaby-Friendly Maternity Care**

Maternal-Child Health Education, Training, Consultation and Support



# **B.I.R.T.H. (Birth Information and Resources for Teen Health) Mother-Mentor Program**

*Offered in Partnership with*



# The Association for Wholistic Maternal and Newborn Health (AWMNH)

- Non-Profit Organization (Public Charity)
- Based in Los Angeles (Highland Park)
- We are Volunteer Maternity Care Professionals (douglas, childbirth & lactation educators, midwives, nurses, doctors, public health professionals).
- Grant and Donation Funded
  - Laurence H. Tribe Charitable Trust (Mother-Mentor project)



# AWMNH Mission & Motto

*“To Promote MotherBaby-Friendly Maternity Care”*



Happy Mamas. Healthy Babies.

# What We Do

- Support and Education for Pregnancy & Early Parenthood.
- Services for Pregnant Women & New Mothers Include:
  - Childbirth Preparation Classes
  - Doula Labor Support
  - Postpartum Doula Support
  - Breastfeeding Education and Support
- Networking, Training for Maternity Care Professionals
  - Trainings, Conferences, Networking Meetings, Advocacy & Policy



# Our Team

- **Cordelia Hanna-Cheruiyot, MPH, CHES, ICCE, CLE, CBA** – Executive Director. Public Health Educator, Lactation & Childbirth Educator, Midwife, Birth & Postpartum Doula
- **Melissa O'Keefe, BS, CLE**, Lactation Educator & Special Ed Teacher
- **Tai Carson, AA**, Midwife, Postpartum Doula & Counselor
- Mother-Mentors/Doulas & Volunteers



# What is the Program?

- The B.I.R.T.H. (Birth Information and Resources for Teen Health) Mother-Mentor Program is a unique, innovative program model that provides extended, intensive support to pregnant teens throughout pregnancy, during labor and birth, and in the early months of parenting.



# Overall Goals of Program

Teen moms will have healthy and happy pregnancies, and give birth to healthy babies and will become empowered and capable mothers.



# Program Principles

1. Self-Growth Approach to Pregnancy
2. The Normalcy of Childbirth (Physiological Childbirth)
3. Informed Consent and Refusal in Maternity Care
4. The Rights and Responsibilities of Pregnant Women
5. Empowerment and Transformation through Childbirth
6. Breastfeeding Promotion
7. Youth Leadership and Empowerment



# What is Offered?

- This program provides pregnant and parenting teen mothers empowerment sessions, birth, lactation and postpartum education and support, one-on-one support from a Mother-Mentor and life and leadership coaching.



# Who is Eligible?

- Pregnant female 13-19 years old;
- Low-income and/or on Medi-Cal or Eligible;
- Lives in Los Angeles County;
- Is currently or in the past been in foster care (not required);
- Mother with infant under 3 months of age if not pregnant;
- Must be willing to commit for one year, attend all sessions;
- Desires the support of a Doula and/or Mother-Mentor and will keep all appointments with support person;
- Commit to participate in a focus group and community presentation at end of pilot project.



# Objectives of Program

- Improving maternal and infant outcomes, specifically:
  - Reduction in premature births (earlier than 39 weeks);
  - Reduction in low birth weight (LBW) and very low birth weight (VBLW) babies (higher than 5.5 lbs);
  - Decrease in Primary Cesarean Sections (15% or less);
  - Increase in Vaginal Birth After Cesarean (15% or higher);
  - Reduction in Post-Traumatic Stress Disorder following childbirth;
  - Reduction in Postpartum Depression;
  - Enhanced maternal-infant attachment;
  - Increase in initiation and duration of exclusive breastfeeding (6 months minimum);
- Improving high school graduation rates;
- Reducing repeat pregnancies during adolescence;
- Providing opportunities and mentorship for teens interested in careers in maternal and infant health



# What Participants Will Receive

- Mentorship (1 year)
- 4-Week Series of Childbirth Education Classes (Sundays, 3-1/2 hours)
- Professional Labor Support (during childbirth)
- Postpartum Doula Support (after birth)
- Breastfeeding Education & Support (hospital & home)
- Empowerment Life & Leadership Coaching



# Qualifications of Mother-Mentors

- Perinatal & Childbirth Educator
- Lactation Educator-Counselor or Breastfeeding Peer Counselor
- Birth & Postpartum Doula
- Mother
- Former Teen Mother
- Former Foster Youth
- Foster Mother
- Community Health Promoter
- Spanish Speaking



# ***“Empowered Birth Choices”*** Natural Childbirth Preparation Class (4 Week Series)

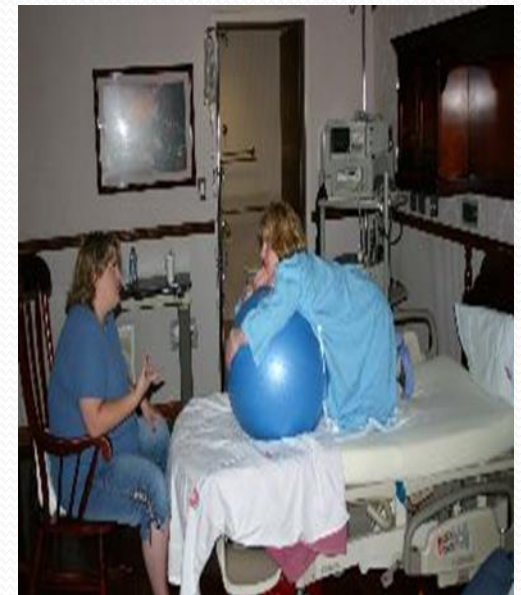
- Class One: Understanding Birth
- Class Two: Coping with Labor
- Class Three: Making Informed Choices
- Class Four: The Amazing Newborn & Being a Mom

- Classes meet Sundays, 2:00 pm -5:30 pm
- Hollywood Sunset Free Clinic (Silverlake)
- Partners & Family Members Welcome
- Free & Open to all Pregnant Teens



# What is a Doula?

- Doula (“Doo-LAH”) is a Greek word that means “woman servant”.
- Doulas support women during pregnancy, labor and birth and the postpartum period.



# Mother-Mentors/Doulas Provide...

- Information
- Emotional Support
- Physical Comfort  
During Labor
- Advocacy
- Linkages to Resources



# The Doula Difference

- In one study, nine strategies were distinguished which doulas utilize. Four strategies (**reassurance, encouragement, praise, explaining**) were similar to those attributed to nurses in published research. Five were original and described as only being used by doulas (**mirroring, acceptance, reinforcing, reframing, debriefing**)\*.
- Shorter labors
- Reduced rate of cesarean section
- Less pain medication use
- Fewer medical interventions
- More satisfaction with birth experience
- Improved interaction between mother and newborn
- Less Post-Traumatic Stress Disorders (PTSD)
- Less postpartum depression
- Increased breastfeeding initiation & duration



\*MIDWIFERY. 2011 AUG;27(4):525-31. EPUB 2010 SEP 17.

AFTER PRAISE AND ENCOURAGEMENT: EMOTIONAL SUPPORT STRATEGIES USED BY BIRTH DOULAS IN THE USA AND CANADA. GILLILAND AL.

Sosa, Kennell, Klaus, et. al. (1980)

Hodnett, Gates, Hofmeyr, and Sakala (2004) .

# What Mother-Mentors Might Do

- Transportation to prenatal visits;
- Accompaniment to prenatal classes;
- Prenatal home visits;
- Help prepare home for baby;
- Answers to questions about pregnancy, childbirth, and parenting;
- Education to promote healthy behaviors throughout pregnancy;
- Support & advocacy during labor;
- Assistance with breastfeeding, if needed;
- Home visits during the postpartum period;
- Availability by phone for any questions.



# Mentorship Opportunity

New Village students  
interested in careers in  
Women's and Children's  
Health may participate in



TEEN BREASTFEEDING PEER COUNSELOR  
TRAINING AND CERTIFICATION PROGRAM  
*A 20-hour course in basics of lactation support*

# Timeline for Implementation

- Mentors Application Deadline: Oct. 31, 2014
- Participants Application Deadline: Nov. 15, 2014
- Interviews with Applicants: Nov. 15-30, 2014
- Participants Chosen: Dec. 1, 2014
- 4-week Childbirth Prep Class: Feb., 2015 & April, 2015
- Breastfeeding Peer Counselor Training: March & April 2015 (six 4-hour sessions)
- Focus Group: April, 2015
- Community Presentation: May, 2015

# How to Apply

- Sign up today or send email or call us
- Will be chosen by interview



# Questions?





# Contact Information

**THE ASSOCIATION FOR WHOLISTIC MATERNAL AND NEWBORN HEALTH**

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