



## SHIPRAH AND PUAH CARE

The care sisters have received in times of birth and after birth is an experience those of us in this truth take pride in.

### **Exodus 1:15-21**

[15]And the king of Egypt spake to the Hebrew midwives, of which the name of the one was Shiphrah, and the name of the other Puah:

[16]And he said, When ye do the office of a midwife to the Hebrew women, and see them upon the stools; if it be a son, then ye shall kill him: but if it be a daughter, then she shall live.

[17]But the midwives feared God, and did not as the king of Egypt commanded them, but saved the men children alive.

[18]And the king of Egypt called for the midwives, and said unto them, Why have ye done this thing, and have saved the men children alive?

[19]And the midwives said unto Pharaoh, Because the Hebrew women are not as the Egyptian women; for they are lively, and are delivered ere the midwives come in unto them.

[20]Therefore God dealt well with the midwives: and the people multiplied, and waxed very mighty.

[21]And it came to pass, because the midwives feared God, that he made them houses.

**Sister Yo'ela**  
**IUIC Dallas**  
**House of Deacon Isaac**

My Shiphrah and Puah experience has been wonderful since I joined Israel United in Christ. When I had my second child, I didn't know what to expect being part of a community. I had the pleasure of being taken care of by the original Shiphrah and Puah care takers, Mother Shamarah, Mother Naamah, and Elder sister Selema.



These women took care of me during my prenatal period by feeding me, helping me unpack my new apartment and helping me with childcare during my office visits. During my time of birth, I was only allowed to have one person present in the delivery room, so I chose my lord. But for postpartum those same women were there for me just the way a doula is there for her client. On top of that, the help I received with my baby was amazing.

As far as emotional support, they applied a few strategies that were mentioned by the L&D in the Phoenix Hospital:

- Offer to pop by and hold the baby for a bit.
- Ask how she is coping with motherhood.
- Enter conversations with compassion.
- Relay your own struggles with becoming a mom.
- Tell her about the ways other mothers helped you.
- Let her know that you would like to help her as well.

When I had my first child, it was the complete opposite: lonely and with no support. My life changed completely once learning that I am a Daughter of Sarah and I wouldn't change anything.





**Sister Yocheved**  
**House Captain Pallu**  
**IUIC Oklahoma**

Shalom Israel! Recently, I was pregnant with my 5th child and the love that I received from the body in Oklahoma City was unmatched! Just a little back story. I work as an esthetician, so I am hunched over a lot, doing facials, etc. So now, I suffer from a bout of muscle spasms. This pregnancy I had quite a few and it was dreadful! I had sisters that helped me with grocery shopping, my kids, cleaning my crib, cooking, getting me food, and so much more! The sisters came together and really helped me out through my pregnancy and even after I had the baby. It meant so much to me and I am excited to be able to return the favor to my sisters. I believe that due to the help and love I received, I did not suffer from any postpartum depression. It is very important to have sisters that love and support you, and that want to help you during the hard times of pregnancy and labor, including postpartum.

