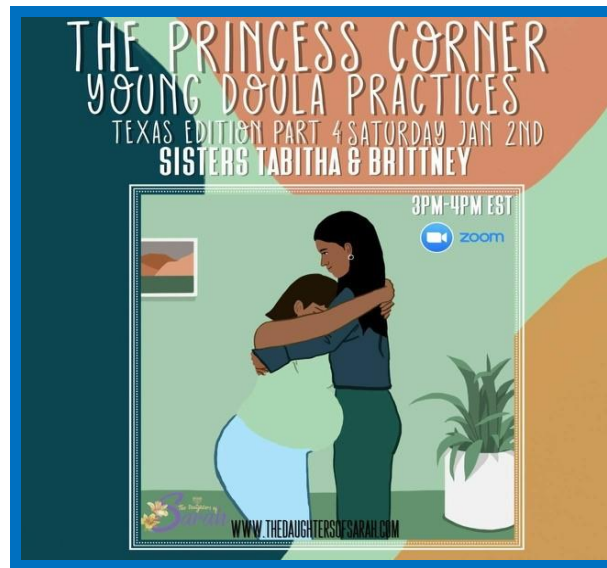


Topic: Young Doula Practices
Hosts: Sister Tabitha and Sister Brittney
Event: The Princess Corner (Texas Edition) pt.4
Date: 1/2/2021



Sister Tabitha: Welcome to the princess corner! Today we will be going over the importance of young doula practices and to help introduce and educate you all to the processes involved with pregnancy and birth.

Be fruitful.

- **Genesis 1:27-28 (KJV)**

27 So God created man in his own image, in the image of God created he him; male and female created he them.

28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

- **Hebrews 13:4 (KJV)**

4 Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

- **1 Timothy 5:14 (KJV)**

14 I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully.

- **Psalms 127:3 (KJV)**

3 Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.

Sister Tabitha: Before marriage, we are commanded to prove a friend and get counsel. We are commanded to have children; this is one of our duties once we have proven our Lord.



Why is it important to know about the pregnancy and birthing process as a young daughter of Sarah?

- To help your nation
- To help yourself

- **Philippians 2:3-5 (KJV)**

3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

4 Look not every man on his own things, but every man also on the things of others.

5 Let this mind be in you, which was also in Christ Jesus:

Sister Tabitha: We must put ourselves aside to care for the mothers amongst Israel. As a young daughter of Sarah, you should also be helping your mother if she may be going through a pregnancy.

Who do I help?

- Your pregnant; mothers, aunts, married siblings.

-Link to video discussed: Teen Remains Calm While Delivering Aunt's Baby



-Link to video discussed: 11-year-old girl helps deliver baby brother



How to help during ...

Pregnancy

-Offer assistance with daily tasks, offer a spa service: massage, pedicure, manicure or facial

Labor

-Words of Affirmation, help with labor, keep siblings occupied.

After Birth

-Remind her to take baths, eat, drink water

-Cook and clean without being asked, give them a break, and offer to hold the baby.

How to help during pregnancy and birth (YDOS)

- “I helped my mom with cooking breakfast and lunch during her pregnancy as well as help to keep my younger siblings quiet. During my mom’s home birth, I helped her by keeping my siblings occupied and away from her so she would feel relaxed. Some tips I would offer for when you are dealing with a newborn baby is to be very gentle and always be ready to be needed. There were times when my mom required me to drop whatever I was doing to come watch the baby so she could do things like cook, laundry, or shower.”



- “Some things that I did when my mom was pregnant was make sure that she didn’t pick anything up that was too heavy, I also helped with cooking and cleaning. It is hard for a pregnant woman to move around a lot so I would always help her whenever I could. I would help her with things like sweeping, mopping, cooking, and just things like picking up a water bottle. When my mom was going into labor, I would bring her water and make sure she had her pillow. Before putting a newborn baby to sleep, first check to make sure their environment is safe. Always monitor a sleeping baby, if they are sleeping on a bed; they could easily roll off if no one is watching. If the baby must go out in public, cover them up with a blanket so they aren’t exposed to any sicknesses.”
- “When my mom was pregnant, I would help her cook, clean and do laundry. You should ask if she needs help with anything like cooking dinner or cleaning something around the house. My aunt went into labor at my house after her water broke, I helped by gathering a shower curtain liner, trash bags, towels, and hydrogen peroxide. I held the baby while my aunt delivered the placenta and then my mom cleaned her up and took her to the hospital. When holding a newborn baby, it is important to hold them correctly and comfortably by supporting their head and avoid rocking them too hard.”

- **Ecclesiasticus 3:3-5 (KJV)**

3 Whoso honoureth his father maketh an atonement for his sins:

4 And he that honoureth his mother is as one that layeth up treasure.

5 Whoso honoureth his father shall have joy of his own children; and when he maketh his prayer, he shall be heard.

The Spirit of our Foremothers!

(Shiphrah and Puah)

- **Exodus 1:13-19 (KJV)**

13 And the Egyptians made the children of Israel to serve with rigour:

14 And they made their lives bitter with hard bondage, in mortar, and in brick, and in all manner of service in the field: all their service, wherein they made them serve, was with rigour.

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.

Sister Tabitha: These are just some examples of what the midwives did and how important they are. Therefore, it is so important to have women who know about birth and labor because they can support mothers during their pregnancies.

(Rachel's Midwife)

- **Genesis 35:16-17 (KJV)**

16 And they journeyed from Bethel; and there was but a little way to come to Ephrath: and Rachel travailed, and she had hard labour.

17 And it came to pass, when she was in hard labour, that the midwife said unto her, Fear not; thou shalt have this son also.

Sister Tabitha: Not every single birth is going to be fast. Sometimes labor can take an exceptionally long time and as young daughters of Sarah, you must be prepared for that. The midwife in this example was able to use words of affirmation as well as comfort techniques on Rachel.

What is a Doula?

Sister Tabitha: A doula is a woman who is trained to come in and help a mother and immediate family emotionally, physically, and spiritually through a birth. There are different types of doulas, but I am personally a birthing doula. I give support to mothers before the birth with things like nutritional information, making sure the mother is getting enough rest, making sure she stays active, and I assist her through birth. I help the mother during labor by showing her comfort techniques and showing her the correct positions. A postpartum doula supports the mother and family after the baby is born. The doula will help the mother with nutrition and proper healing techniques.

Ask the Doula! (Q&A)

Q: I do not exactly know what a doula is, can you explain more?

A: Basically, we help the mother understand more about birth and we help through their labor and delivery.

Q: Is it hard for doulas to do what they do?

A: I would not say that it is hard although, it is a lot of work. As a doula, you never know how long a labor will take so you may be away from your family for a long time. Getting to see the mothers happy, healthy, and safe outweighs any of the difficulties you may have had.

Q: Can a doula deliver her own baby?

A: Doulas do not actually deliver babies; we only offer educational and physical support. A midwife is the person who will deliver babies because they have the medical background and knowledge of how to do so.

Q: Why did you want to become a doula?

A: I wanted to help my sisters by providing them with information and support so that they could have the best birthing experience possible.

Q: Does it take a college degree to become a doula?



A: It is not a regulated field so basically; you do not need a specific background to become a doula. I mentor a 15-year-old doula from Ohio who has already had two births. I would say that you should be mature, willing to learn and have your parents' support. You do not need a college degree but there is a lot of training programs and organizations that you can get involved with to learn.

Q: What happens if a mother has an unexpected early birth?

A: There will still see signs that she is going into labor.

Q: If the pain is too much to handle, is it recommended to get an epidural?

A: An epidural is medicine given to the mother that will numb her from any pain starting from her lower spine down to her legs. I would not say that an epidural is wrong, and I would never discourage a mother from receiving one if the pain is too much for her to handle. I would personally advise the mother to try some new positions and walk around to assist the pain.

Q: In case of emergency and the midwife is not there for the delivery, would a doula be able to deliver the baby?

A: Yes, a doula in this scenario would help ensure that the mother is doing okay and that the baby is coming out of the birthing canal safely. In certain situations where no one else can get there on time, a doula can absolutely help. If you are ever in that situation, just make sure the mother is in a good position so that the baby does not get injured when it comes out.

Q: After the baby is born, is the mother given medication at the hospital?

A: If they are at the hospital, they may give the mother an IV so that she does not get dehydrated. In a home birth, things like that are not really needed.

Q: If my mom ever has an unexpected home birth, what should I do?

A: You should call emergency services (911) to make sure there is medical help coming and listen to everything that they tell you to do. You should also contact your dad or another sister to come and help assist you.

Q: What happens if the baby is coming out legs first?

A: Not a lot of people are trained to deal with breech births. Again, I would say to listen to everything that (911) tells you to do.

Q: If a woman is home alone about to give birth, is it up to her to deliver the baby by herself?

A: We as women possess the ability to deliver a baby by ourselves in a situation like that but the mother may find time to call for help.

Q: What if a mother is at home alone and she needs to have a c-section?

A: A cesarean birth can only be done in a hospital by medical professionals. There is no way that you can do that at home. She can call emergency services or a trusted sister to get help.

Mother Shamarah: I want to make sure that all you young women on today's princess corner understand that birth is a natural process that was ordained by the heavenly father. This is not something that we should be surprised about, it is a natural act that happens with a woman's body. The takeaway from this class should not be fear but instead, learning how to help a woman in need and realizing that you have the strength to do so. Do not let fear reign in your body because you can do it, we need each other, and we need you young sisters to be willing and able to help one another.

