



FOUNDATION PACKET checklist

Please sign and return this form with your packet. Complete details and necessary forms for all assignments are included within this packet. Keep a copy of all the materials you have submitted.

* Reading

- A Guide to Effective Care in Pregnancy and Childbirth*, (Enkin, et al)
- The Birth Book* (Sears)
- Nutrition Almanac*, (Kirschmann) OR *The Family Nutrition Book* (Sears)
- Mind Over Labor* (Jones) OR *Visualizations for an Easier Childbirth* (Jones)
- The Thinking Woman's Guide to a Better Birth* (Goer)
- Maternal Fitness* (Tupler)
- Ultimate Breastfeeding Book of Answers* (Newman)
- A book on the postpartum period/postpartum care (list book title/author) _____
- Book of your choice relating to a topic of the Pregnancy Cycle[®] (list book title/author) _____

For each book above, select and complete **one** of the following assignments; please indicate at the top of the document which of these options you have selected:

- (1). Write a review of this book for birth educators (1-3 paragraphs)
- (2). Write a review of this book for a client audience (1-3 paragraphs geared towards your potential class participants)
- (3). Write 10 Q&A's in any format that would assess an educator's comprehension of the information in this book
- (4). Write 10 Q&A's in any format that would assess a client's comprehension of the information in this book
- (5). Develop a handout, game or visual aid to teach information from this book
- (6). Write a short essay (3-5 paragraphs; no more than 2 pages) describing why you feel this book is important and how this book impacted you

* Birth Stories

Following the guidelines provided, listen to 3 different birth stories and complete the summaries

- Birthcenter or homebirth
- Vaginal hospital birth
- Cesarean surgery

* Resource List

- Review the national BBB Resource List
- Compile a local resource list for your future clients. If one already exists for your area, review it and design a related task with your Mentor or Regional Representative

* Class Audits (if possible)

Fill out the review forms (1 per session, plus 1 per series) after auditing a series of each class BBB has to offer

- BODY
- BIRTH
- BABY

Signature _____

Date _____



FOUNDATION PACKET listening to birth stories

Telling one's birth story has been a way of passing down knowledge through generations. However, there is a more personal transformation that can take place as a woman relates her experience to others. This activity is designed to explore how a listener's verbal acknowledgements and physical gestures might impact the storytelling and the storyteller.

Make separate appointments to hear three women tell their birth stories. The three stories you submit should include these experiences: a) birthcenter or homebirth, b) vaginal hospital birth, c) Cesarean surgery. At least one of these births must be different in some significant way than a birth you personally experienced. For each birth story, please follow the directions below and fill out one form.

Listen to the birth story in person so you may note the facial expressions and body language of the teller and vice versa. This is not an interview so information should be recorded simply from the teller's story. If a question cannot be answered based on information offered, leave it blank or note why. If you have any remaining questions you would have liked to ask the teller about her story, experience or emotions, you can write them on this form instead of verbalizing them. Please do not use audiovisual equipment to record the teller as this may alter her story.

At the start of your appointment, exchange greetings. You may ask questions to fill out some of the basic information at the top of the form and then use open-ended prompts for the teller to relate her birth story, such as, "So tell me about Jordan's birth..." The teller should feel free to share her story in any way she chooses.

For the **first** birth story you listen to, follow these directions:

1. For the first few minutes, take detailed notes and make no or minimal eye contact with the teller. You may also state whatever verbalizations come naturally to you. This should give you enough time to fill out the top of the BIRTH STORY FORM.
2. Next, make frequent eye contact but minimal verbalizations.
3. After a few more minutes, put down your writing utensil. Try to maintain full eye contact, remain still and offer no significant verbalizations or emotional expressions other than intent interest.
4. When the teller has completed her story, thank her for sharing it with you and conclude the meeting.

For the **second** and **third** birth stories you listen to, follow these directions:

1. Try to maintain full eye contact with the teller and offer no significant verbalizations or emotional expressions other than intent interest. After the teller is finished, fill in the details of their story on your form. You may ask the teller questions to fill in details she stated that you can't recall accurately.
2. When the teller has completed her story, thank her for sharing it with you and conclude the meeting.



FOUNDATION PACKET birth story form

*All information recorded pertains to the birth story being told in this exercise.

First name of teller _____

Date of birth in story _____

Location of storytelling _____

Place of birth _____

Birth order _____

Briefly describe the teller's other births _____

Planned/Actual Care Provider _____

Birth Attendants _____

Other people in the room during labor/birth? (and their relationship to the teller) _____

1. A quiet presence is a person who is with a laboring woman *but* who does not make her feel watched, observed, or judged.

a. Did the teller have a quiet presence? If so, who? _____

b. Did the teller feel watched/observed/judged? By whom? _____

2. With any challenging activity one often has to draw inward as the task gets harder or more absorbing.

a. Did the teller relate a period during her labor when she lost track of time/had a decreased awareness of her surroundings? _____

b. Did anything pull her out of this state? _____

3. How did the teller feel about her birth? You may use a direct quote from the story and/or paraphrase as well as state your interpretation. _____

4. For the first session, what differences did you notice in the teller as you changed your listening habits throughout her story? For the second and third sessions, state any observations in the teller and about yourself as you practiced an attentive style of listening. What was easier/harder/different for you while listening to the story; did you notice any changes in your skills from the second to the third session? _____



Goals

- To become familiar with helpful resources and providers in your area
- To offer clients a valuable service, saving them time and connecting them with excellent pre-screened resources
- To have in place a network for marketing BBB classes and gaining new clients

Instructions

Use the attached template to develop a list of print-ready resources and providers you feel comfortable recommending as excellent choices in your area for your clients' use. Suggested resource categories are listed below and recommended contact information is suggested in the template. Only basic contact information is needed for client use, but you may choose to keep a more detailed list for BBB Educator use that includes additional categories (such as Childbirth Education, flower shops, etc.), more information on the providers, and track providers you are considering or would not recommend.

Possible resource categories for inclusion, if available in your area:

- Abdominal Massage
- Acupuncture
- Baby Nurses
- Babywearing
- Belly Casting
- Birthcenter—freestanding
- Birthcenter—in-hospital
- Bodywork
- Breast Surgery
- Breastfeeding Support (including IBCLCs and LLL)
- Chiropractic
- Cranio-Sacral Therapy
- Diaper Services
- Doulas
- Emergency Services
- Exercise
- Governmental Agencies (Medicaid, WIC, state aid)
- Gynecological Care
- Hospitals
- Hotlines
- Legal Assistance
- Massage
- Midwives: Home
- Midwives: Birthcenter/Hospital
- Mohel
- Nutrition
- Obstetrics
- Parenting
- Pediatricians
- Physical Therapy
- Play Spaces
- Postpartum Depression
- Support:
 - Adoptive parents
 - Cesarean
 - Gay/Lesbian parents
 - Military
 - Multiples
 - Pregnancy Loss
 - Single parents
 - Special needs
- Baby/Parent Activities
- Maternity/Nursing retailers
- Baby Gear retailers
- Print/online publications and resources
- Other Local Listings: local parenting websites, groups, Yahoo groups



**NAME OF YOUR AREA
local resource list**

Category 1					
Provider/Resource name	Abbreviated Address/Area	Phone	Email	Website	Notes/Contact
Provider/Resource name	Abbreviated Address/Area	Phone	Email	Website	Notes/Contact
Category 2					
Provider/Resource name	Abbreviated Address/Area	Phone	Email	Website	Notes/Contact
Provider/Resource name	Abbreviated Address/Area	Phone	Email	Website	Notes/Contact



FOUNDATION PACKET session audit form

Instructions

Attend a full series of each of the core BBB classes: BABY, BODY, and BIRTH. Fill out a session audit form for each session and an additional series audit form reviewing the class series as a whole. Please participate in all the activities as if you are one of the clients with the understanding that your purpose is not to add to the class material as an educator. Note: you may be asked to fill out a CIQ form as part of the class at each session as well.

Goals

- To experience the class from a client's perspective
- To benefit from a thorough review of class content
- To learn the set-up and flow of each class
- To observe another BBB Educator's teaching style
- To build community/relationship with other BBB Educators in their area

Please answer the questions below specifically related to today's session.

core class name _____ session #/total sessions in series _____ date _____

1. Give three adjectives to describe the feel of this session.
2. Which activity engaged participants most? How did participants relate to other class activities?
3. What were the important ideas conveyed in this session?
4. How did the set-up of the class and the order of the activities affect the learning experience?
5. How would you describe the BBB Educator's role in relation to her clients? Give some examples of things the Educator did or said that helped give you this impression.

Additional comments:



FOUNDATION PACKET series audit form

Instructions

After attending a full series of each of the core BBB classes: BABY, BODY, and BIRTH, use this form to review the class as a whole.

Goals

- To experience the class series from a client's perspective
- To see how the content is layered from the first to the last session
- To understand how the activities flow and are designed to support the teaching goals for that series

At the end of each series, please fill out the questions below; use one form for each core class.

core class name _____ # of sessions _____ BBB Educator _____ date _____

1. Give three adjectives to describe the overall feel of this class.
2. Do the participants seem confident about the subject matter? Try to include any direct quotes from other clients.
3. Give two examples of how material presented in an earlier session provided a base for understanding information or ideas conveyed in a later session.
4. How did the take-home materials support the class content? Please comment on the look, layout, and content of these class materials.
5. List 3 things you learned in this class – give references for information.

Additional comments: