



Introduction

## Course Introduction

## Dedication



This course is dedicated for Allah's sake to all mothers, fathers, and their children, whether born or unborn.

Course Introduction

## Du'a



May you benefit from this and be protected from any harm.

Course Introduction

## Du'a



May your births be easy and your children healthy and pleasing to Him and their parents! Ameen.

Course Introduction



Congratulations!

Course Introduction



Birth is a **miracle**, a **natural** process, and a **trust** in Allah.

Course Introduction



Discover **natural safeguards** and how to **maximize their benefits**.



Take responsibility for your **choices** in birth.



Only you and your family will live with the **consequences** of your birth experience.



Do all you can to get **educated** and **prepared** for a **Blessed Start** in life.



Why are **you** interested in investing in birth classes?

## Why attend birth classes?



- Learn how to work with one's body
- Avoid the use of drugs and interventions
- Avoid unnecessary risks and side effects
- Achieving natural birth for better labor, birth, and postpartum experience

### Did you know?

All pain-killing drugs have been proven to reach the unborn baby within one minute of administration.

(Anesthesiology 29:951)

### Did you know?

The drugs for labor pain are often given late or do not take affect until after much time with pain has passed.

### Did you know?

The drugs given for labor pain don't always work and some women still feel considerable pain after their administration.

### Did you know?

The drugs given in labor may lead to a cascade of interventions and increase the chances for surgical delivery.

### Did you know?

There is no guarantee the drugs will not cause complications to the mother or baby and no drug has been proven safe for the unborn child.

### Did you know?

The pain-killing drugs used in labor are of the narcotic family, just like many illegal street drugs.



Learn to work with your body according to the natural physiology of labor and birth.

Understand the mechanics of birth to maximize the natural safeguards Allah has built in the design of birth so you work with, not against, your body.

### Tying Your Camel

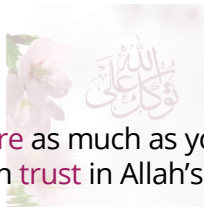
One day the Prophet Muhammad ﷺ noticed a Bedouin leaving his camel without tying it and he asked the Bedouin, "Why don't you tie down your camel?" The Bedouin answered, "I put my trust in Allah." The Prophet then said, "Tie your camel first, then put your trust in Allah." (At-Tirmidhi)

### Tying Your Camel

"Verily never will Allah change the condition of a people until they change what is in themselves...." (Quran 13:11)

### Tying Your Camel

Prepare as much as you can, then trust in Allah's will.



### Recap



Why take birth classes



Precautions against pain medications



Tying your camel