



# AMANI Birth ONLINE Blessed Start

Childbirth Education Course



*Introduction*

Parent Journal

## *Welcome*

Welcome to the AMANI Birth Family!

We are honored that you have chosen AMANI Birth to be a part of your childbirth education journey. Whether you are taking the full **Blessed Start Childbirth Education Course** with us or just sampling our free introduction, we thank Allah (SWT) for the opportunity to benefit you in whatever capacity we can to help you prepare for your birth experience!

## *Introduction Module Summary*

In this module, we'll give you a brief overview of what AMANI Birth is all about and what content the Blessed Start Childbirth Education Course will cover. We'll also go over the main reasons why expectant parents like you choose to take birth classes.

## *Module Completion Checklist*

- ☐ VIDEO: ABOUT AMANI BIRTH
- ☐ VIDEO: COURSE INFORMATION
- ☐ BIRTH MEDICATIONS QUIZ – TRUE OR FALSE
- ☐ VIDEO: INTRODUCTION TO THE BLESSED START COURSE
- ☐ REFLECTION EXERCISE: MY BIRTH WISHES
- ☐ REFLECTION EXERCISE: MY INTENTIONS
- ☐ RECAP: BIRTH AS A SACRED ACT OF WORSHIP
- ☐ MODULE FEEDBACK

## *Important Note*

These journal pages are intended to be used to complement the AMANI Birth Online Blessed Start Childbirth Education Course and should not be copied or used outside of the online course context. Please respect the copyright and intellectual work of this and all AMANI Birth material.



*What I learned from this module:*



*My questions or reflections:*



*Actions I plan to take:*

## REFLECTION EXERCISE: MY BIRTH WISHES

### *What are your wishes for birth?*

In the video about AMANI Birth, you learned that “AMANI” means *wishes* in Arabic. Take a moment to think about what your wishes for your birth experience are. Write your wishes down below to share and discuss with your birth support partner.

## REFLECTION EXERCISE: MY INTENTIONS

### *Why do you want to take birth classes?*

In order to succeed in any endeavor, it's important to begin with good intentions. Take a moment to reflect on your intentions for taking a childbirth education course. Write down your answers below and share them with your birth support partner.



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