



Introduction

Course Information

AMANI Birth Online's **Blessed Start** course is the **first** comprehensive evidence- and **Islamic** faith-based online childbirth education program **in the world**.

Course Information

Format

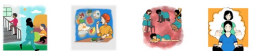
Assisting:
Helping Mother During Pregnancy and Beyond



Mothers:
Knowledge is Power



Active:
Staying Healthy and Preparing Your Body



Natural:
Trusting Allah's Design



Instinctive:
Focusing Inward and Tuning Out Distractions



Course Information

Content

Each series consists of 4 modules that include:

- Topic-Based Videos
- Reading Materials
- Parent Journal
- Activities

Course Information

Series 1

Assisting:
Helping Mother During Pregnancy and Beyond



Mother's Needs in Pregnancy



Mother's Needs in Labor and Birth



Birth Team Roles



Making the Birth Plan

Course Information

Series 2

Mothers:
Knowledge is Power



Physiology of Pregnancy



Stages of Labor



Overview of Labor and Birth



After Birth Care

Course Information

Series 3

Active:
Staying Healthy and Preparing Your Body



Pregnancy Exercise



Pregnancy Nutrition



Birthing Positions



Labor Practice

 Course Information

Series 4

Natural:
Trusting Allah's Design



The Purpose of Labor



Working with Your Body



Complications



Minimizing Medical Interventions

 Course Information

Series 5

Instinctive:
Focusing Inward and Tuning Out Distractions



The Role of Hormones



Protecting Your Birth Environment



Intuition



Breastfeeding and Baby Care

 Course Information

Schedule

The recommended full course schedule covers two modules per week over a 10-week period

Designed to build knowledge **gradually** without feeling overwhelmed

 Course Information

Benefits



Possess the information and knowledge to **feel empowered and confident** when planning for your birth experience.

 Course Information

Benefits



Be ready to use your **B.R.A.I.N.** so you can **make informed decisions** about medical interventions during labor and birth.

 Course Information

Benefits

Learn how to use your time during pregnancy to **prepare physically, mentally, and emotionally** for birth...

 Course Information

Benefits

...because your baby deserves the gentlest and most **Blessed Start** in life.

 Course Information

Blessed Start

- ✓ Comprehensive
 - ✓ Flexible
- ✓ Mother-centered
 - ✓ Islamic
- ✓ Community building

 Course Information

Recap

Format Content Schedule
Features Benefits

 Course Information