

IMPORTANT UPDATE!!!

FOR ALL AMANI Birth Affiliates & Trainees

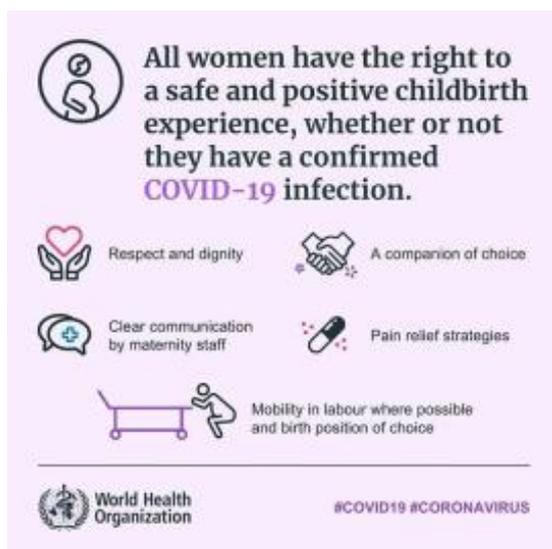
COVID-19 and the Impact on Doulas and CBEs (Including Online Teaching)

AMANI Birth recognizes the need to respond to the global crisis arising from the wide spread Corona Virus. This includes government restrictions on our communities, real threats to health and life of ourselves and our loved ones, and panic and fear that can breed as quickly as the virus itself.

As we see it, there are three main issues for us as AMANI Birth Teachers and Doulas or Trainees:

1) How do we serve our clients amidst government or hospital restrictions on movement and/or presence in the birth room, as well as how do we ensure that we are safe from getting Corona or unknowingly passing it to others?

First of all, let us acknowledge the World Health Organization's response in relationship to birthing families and their rights (WHO 2020).



Note that the infographic states that one of the rights of the birthing person is to have "**A companion of choice.**" It does not specify who that should be and we know that it could very well be a doula. However, take note that it does **NOT** say "All companions of choice." So realize that although we feel strongly about the rights of our clients to have their husband or family member(s) AND their doula, there is nothing implying that more than one companion is being advocated for nor is the number being restricted in this infographic either. AMANI Birth thus suggests patience with government and hospital rules and policies during this heightened time of precaution and attempted infection control. If you are able to attend without getting yourself or anyone else in trouble with your local laws and current restrictions, alhamdulillah. If you're not

able to attend due to the noted restrictions or even due to hospital policies, accept the situation and comfort the mother virtually as best you can. This is an extraordinary time and we must be patient and comply with whatever is thrown our way. This also highlights the importance of childbirth education for the birthing mother and her companion(s) of choice so that they have the knowledge and tools to help themselves, especially if it turns out we are unable to be present for them.

If you are able to attend with the mother, be sure to protect yourself and others by using proper hand washing techniques, wearing personal protective equipment, such as eye cover, gloves, masks, and such, while realizing that you may be sick and don't know it yet, or you may still get infected despite all your precautions. We must recognize that the more we interact with the community the more at risk we are and the more at risk we put others, not to mention that hospital are places of sick people and some of those people very likely have Corona. Being realistic about the risks, taking your best precautions, and discussing the realities with your family are important steps in deciding whether or not you will continue to offer face-to-face, hands-on doula services during this time. Each Doula and her family must decide together how they will proceed during this crisis. Just as we teach our mothers, weigh the risks and

benefits, make a decision, and pray *istakharah* remembering that we too must tie our camels and nothing happens without Allah's decree.

If you are certified and would like an ID card identifying yourself as a professional childbirth companion, please send your passport type photo to sumreen@amanibirth.com for creation. We cannot guarantee that your local authorities will allow you to pass in the streets during curfews or lockdowns with such identification, but we are happy to issue it to you if you would like.

2) How do we continue to reach mothers for much needed childbirth classes when there may be government restrictions on movement or meetings, as well as ours or the expecting parents' fears about getting in trouble or sick.

As you know AMANI Birth is built on a foundation of face-to-face interaction and hands-on physical practice and preparations for childbirth. With that said, even before the Corona outbreak, AMANI Birth has been working to bring our content online. Our goal is for the face-to-face childbirth classes to always be promoted and considered the premium product that we offer, whilst meeting families where there at-- which happens to be online in our present era of Internet and social media.

So even before the Corona crisis we have been working on bringing some of our course content online. Our intention is to have some static content that parents can access on demand, some interactive, live, online (private or group) class sessions with certified AMANI Teachers who have trained for the online teaching platform, and some live meetings for practical pieces of the course for those who are able to and have access to local affiliates and trainees. The vision for this has been in progress for several months already and we have designed an online platform with online class rooms that our certified and trained AMANI Affiliates will be able to utilize, thus giving each of you more access and avenues to reach parents in your communities. This will roll out soon in English and shortly afterwards in Arabic, Indonesian, and Urdu, bidnillah.

"AMANI Birth materials are copyrighted and you are not to start making your own online courses and materials for use outside of the AMANI Birth standardized online program that is coming soon....You may NOT use online learning management platforms such as Canvas, Udemy, or others to create an online course for your students."

With that said, please note that AMANI Birth materials are copyrighted and you are not to start making your own online courses and materials for use outside of the AMANI Birth standardized online program that is coming soon. It is very important to note that this means that you may NOT use online learning management platforms such as Canvas, Udemy or others to create an online course for your students. Please be patient. We do not want haphazard efforts that dilute the major project that is already invested in for all of us. We also do not want AMANI Birth content to be broadcast without permission across varied channels and realize that some of the free software that you may think to use actually has small print (that no one reads when accepting terms and conditions) that gives that software proprietary ownership over whatever you post on their software. We strictly forbid you to start making your own online class content here and there and outside the larger project.

Having said that, if you would like to volunteer to help in our efforts to complete this project we would be happy to entertain ways for you to participate and thus we could possibly push the timeline for earlier dissemination. Please contact the AMANI Birth Online Content Manager at muna@amanibirth.com if you would like to participate in some way. As our Online Content Manager, Muna can guide you to what you might be able to contribute.

3)As an AMANI Birth Trainee, how do we manage to get our first class going or attending our first birth when there may be government restrictions on movement or meetings, as well as ours or the expecting parents' fears about getting in trouble or sick.

As for your first doula birth, the same applies to you as our certified Doulas, so please read number one above and recognize that you cannot certify from a virtual doula experience, although we would still encourage you to do so if that is what best supports the mother. As for teaching your first class, we still require your first class for certification to be a face-to-face, hands-on series with at least one pregnant person. We recognize there are added challenges during the Corona crisis and we ask for your patience. We do not believe this will last forever, *aduthobillah*, and expect things to be back to normal soon, *bidnillah*. In the meantime, work on your reading assignments in the *AMANI Birth Prerequisite Course* on the Canvas learning management system. If you have completed all of these assignments already you will be ready to take your first client as soon as it becomes feasible to do so in your community. As things rapidly change we are constantly updating our position and this could change in the future, but as of now a face-to-face class is still a requirement for certification as an AMANI Birth Childbirth Educator.