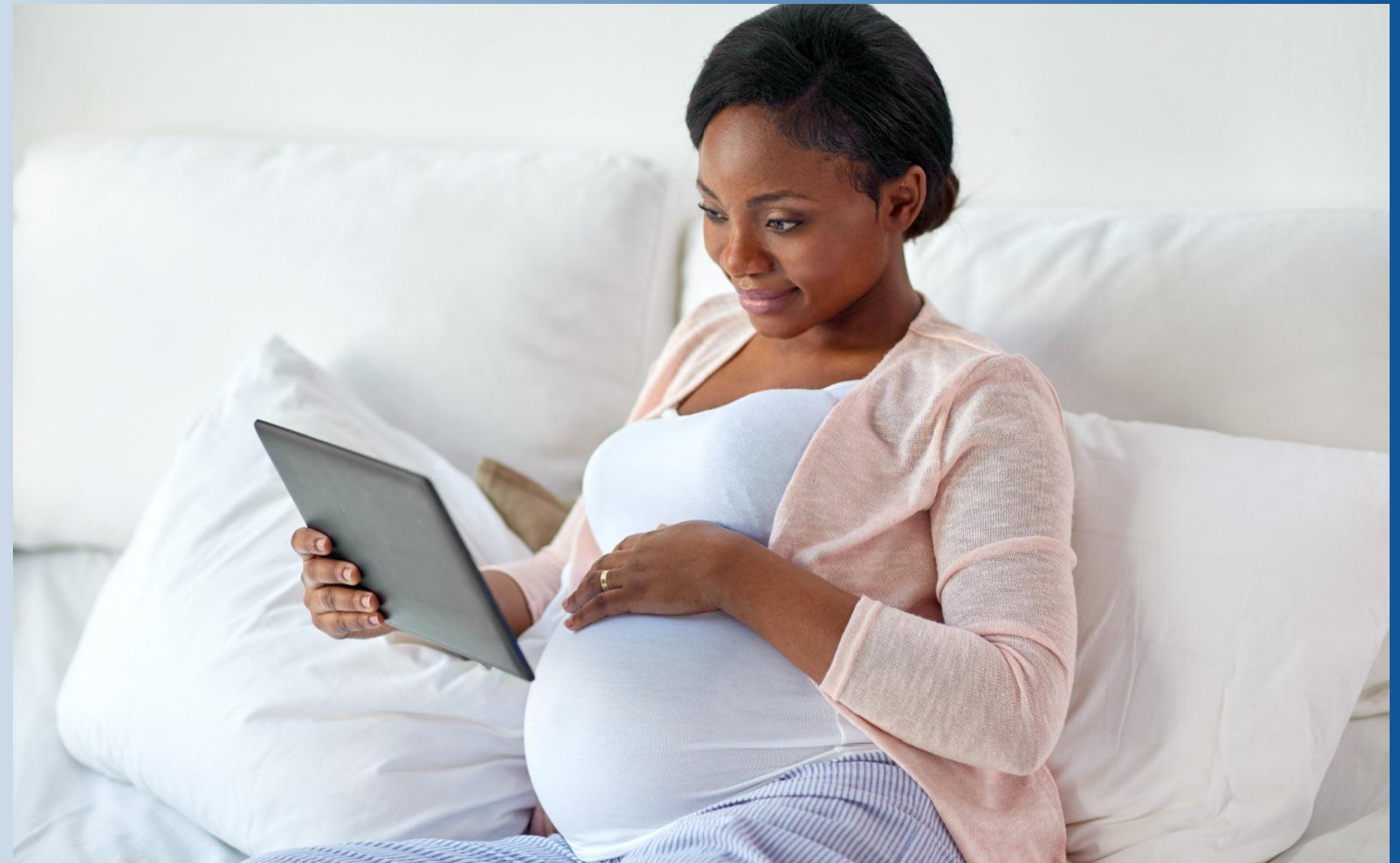


# Understanding California Birth Options Webinar Series

Part 1: You Got Options

Presented By:  
[Whole Child Equity Partnership](#)



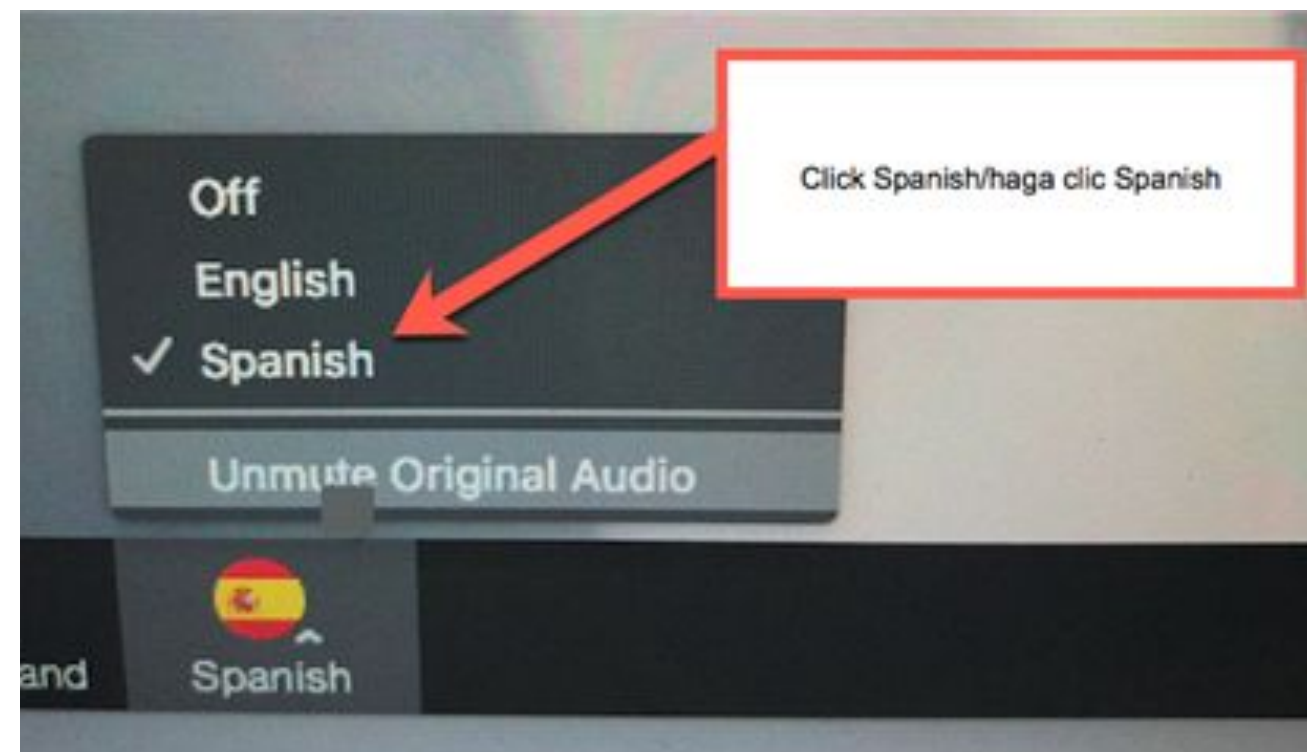
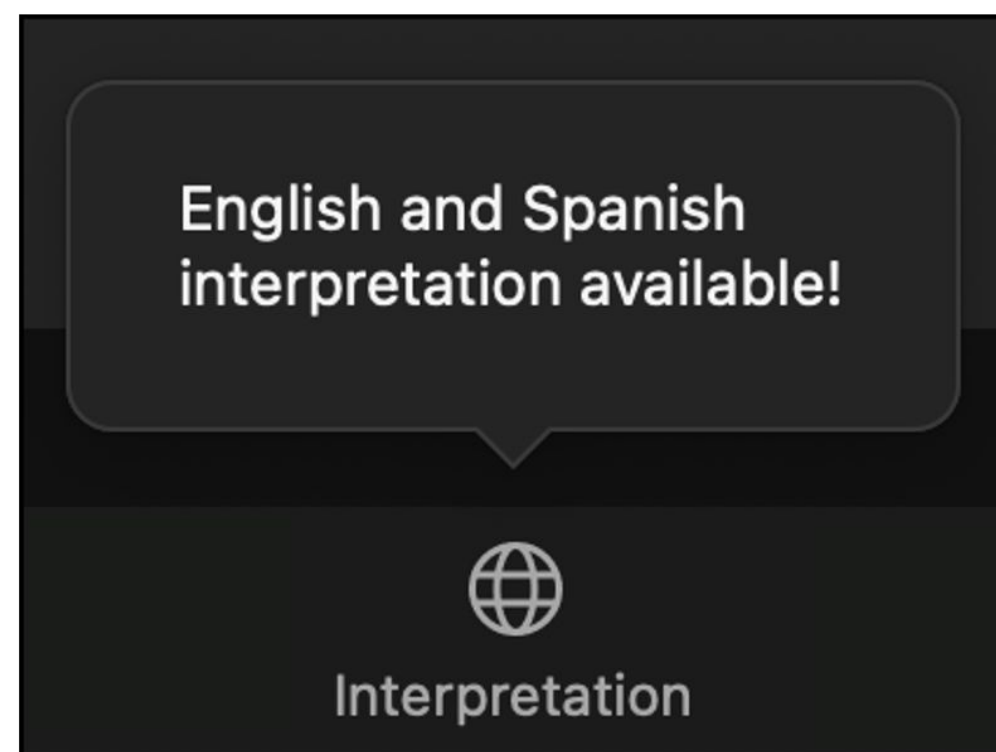
# Welcome • Bienvenidos

## Select Your Language / Eliga su idioma

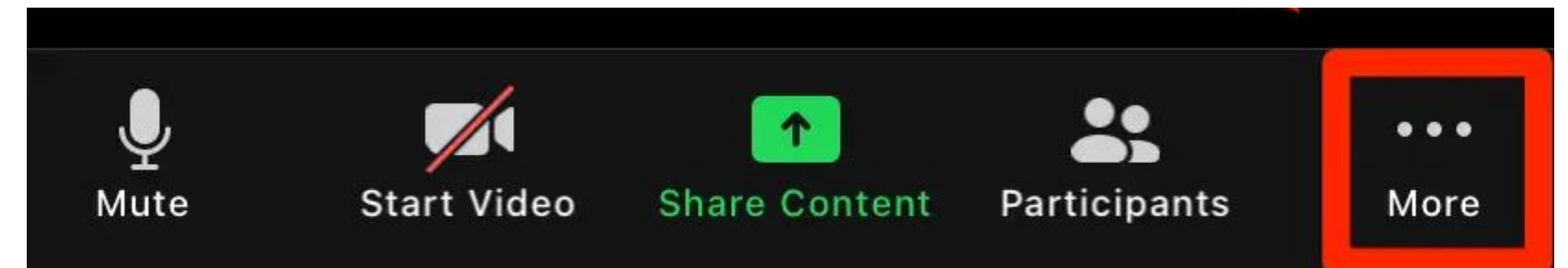


Oprima el botón marcado “Interpretation” (el globo) en la parte bajo de la pantalla. Seleccione “Spanish”.

### Computer / Computadora



### Phone / Por Telefono



# Introductions



**Please introduce yourself in the chat  
(name & location)!**

**Who we are:**

- ★ Leslie McFarlane, Birth Equity Lead Care Manager at Global Communities, Childbirth Educator and Lactation Education Counselor, and co-founder of Around-Birth Collective
- ★ Tianna Barr, Birth Postpartum Coach at Soulcare Collective, Spinning Babies Practitioner and CMT
- ★ Ebony Durham, Senior Community Engagement & Advocacy Associate, The Children's Partnership
- ★ Liza Davis, Director of Community Engagement & Advocacy, The Children's Partnership



# The Whole Child Equity Partnership

Whole Child? A whole child approach envisions a society rooted in racial and economic justice where all children are embraced, valued and cared for; where every Black, Native American, Asian American, Pacific Islander and Latinx child and their family has access to systems and services that promote their health, well-being, and the life opportunities that enable them to thrive.

Our Coalition: The WCEP is a multi-racial, multi-sector coalition of community and statewide organizations, advocates, community organizers, direct service providers and issue area experts working across multiple disciplines to advocate for holistic policies and programs that center the assets and needs of California's Black, Native American, Asian American, Pacific Islander and Latinx young children and their families facing the greatest systemic challenges.



# Housekeeping

## Agenda

- ❑ Presentation by Leslie McFarlane & Tianna Barr
- ❑ Resources
- ❑ Q & A: If you have a question, please drop it in the Zoom Q&A box. There will be an audience Q&A portion at the end of the webinar.
- ❑ Raffle/Evaluation

## Announcements

- Recording: A recording of this webinar will be provided.
- For closed captioning, click the "**Live Transcript**" button from the in-meeting Zoom toolbar and select one of the options from the menu.

# What We're Covering Today:

- California's Maternal Health Crisis
  - The Prominence of Childbirth Education
- Your Options: Childbirth Education Methods
- Cost
- What is a Doula?
- Spinning Babies
- Medi-Cal Doula Benefit
- Shout Outs: Resources and Community Organizations
  -

# CALIFORNIA'S MATERNAL HEALTH CRISIS

MATERNAL MORTALITY IS A KEY INDICATOR OF POPULATION HEALTH.

DEATHS IN PREGNANCY AND POSTPARTUM SHOULD BE RARE EVENTS, AND THUS,  
ROUTINE SURVEILLANCE OF MATERNAL MORTALITY IS AN ESSENTIAL PUBLIC  
HEALTH AND VITAL STATISTICS RESPONSIBILITY. -WORLD HEALTH ORG

**CALIFORNIA'S PREGNANCY-RELATED MORTALITY RATE HAS FLUCTUATED SINCE 2009 AND IS ON THE RISE.**

**THROUGHOUT THIS PERIOD, THE RATE FOR BLACK BIRTHING PEOPLE WAS THREE TO FOUR TIMES HIGHER THAN THE RATE FOR OTHER ETHNICITIES.**

**SIGNIFICANT RACIAL DISPARITIES EXISTED ACROSS A VARIETY OF MATERNAL QUALITY MEASURES IN CALIFORNIA, FROM PRENATAL VISITS TO PRETERM BIRTHS TO MATERNAL AND INFANT MORTALITY RATES.**

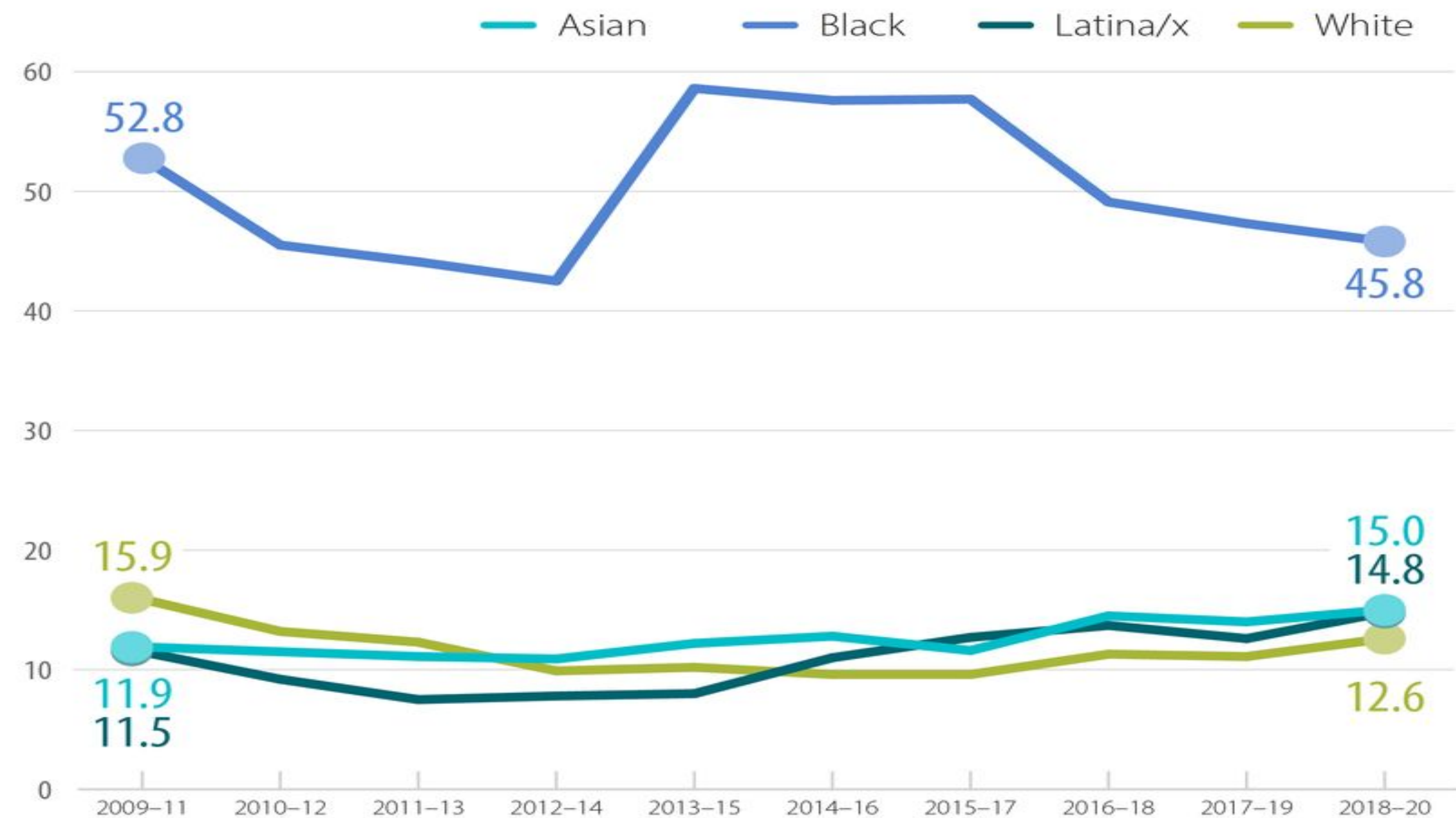
**“RACE AS A RISK FACTOR HAS NOTHING TO DO WITH THE WOMAN'S GENETIC CODE AND TOO MUCH TO DO WITH THE SOCIAL SYSTEMS IN AMERICA.”**

--MONIQUE RAINFORD, MD

“PREGNANCY WHILE BLACK”

## Pregnancy-Related Mortality, by Race/Ethnicity California, 2009 to 2020

PREGNANCY-RELATED DEATHS PER 100,000 LIVE BIRTHS



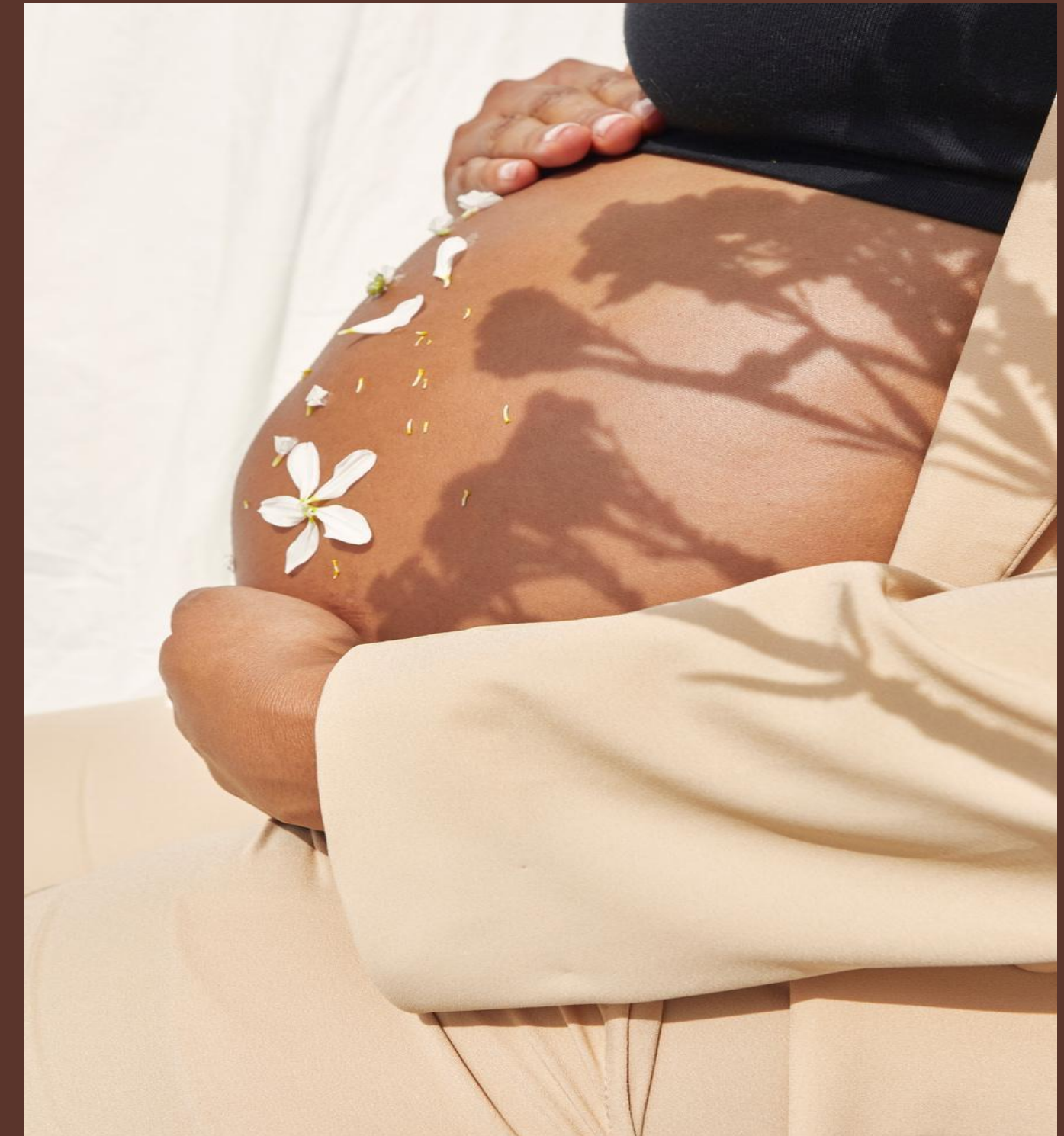
Notes: *Pregnancy-related mortality* is a death while pregnant or within one year of the end of pregnancy — regardless of the outcome, duration, or site of the pregnancy — from any cause related to or aggravated by the pregnancy or its management but not from accidental or incidental causes (including suicide, homicide, or drug overdose). Three-year moving average was used. Source uses *Hispanic*.

Source: "Pregnancy-Related Mortality," California Dept. of Public Health, last updated March 9, 2023.



# EVIDENCE BASED SUPPORTS AND PARADIGM SHIFT FOR CARE

- CULTURALLY COMPETENT CARE
- Mental Health WELLNESS
- Care Navigation
- LOSS SUPPORT
- FERTILITY SUPPORT
- Midwifery Care
- In HOME SUPPORT
- DOULA SUPPORT
- SOCIAL SUPPORT
- FAMILY PLANNING
- LACTATION SUPPORT
- FITNESS AND NUTRITION SUPPORT
- PELVIC FLOOR THERAPY
- NEWBORN SUPPORT
- POSTPARTUM SUPPORT UP TO 8-12 WEEKS
- COMPLEMENTARY MEDICINE (E.G. ACUPUNCTURE)



# Childbirth Education

- Childbirth education is a series of classes that help people prepare for the experience of giving birth and caring for a newborn.
- Childbirth education is designed to help birthing folks access accurate and up to date information about childbirth and make informed decisions about their care.
- Childbirth Education became formalized in the 1960's, documented birth planning late 1980's
- Ancestral knowledge of Childbirth since forever

# Childbirth education can help with...

- **Reducing Anxiety**

Knowing what to expect can make the experience less scary

- **Pain management**

Childbirth education can teach coping techniques to help with pain management.

- **Making informed decisions**

Can help people understand their options and make choices that are right for them

- **Preparing partners**

Can help partners understand what to expect and how to support the birthing person



## CHILDBIRTH EDUCATION CLASSES CAN COVER TOPICS SUCH AS:

- Stages of childbirth and labor
- Contraction coping strategies
- Labor positions
- Pain relief options
- Possible complications and how to manage them
- Medical interventions
- Newborn care and lactation



**It's important to identify the best option and style of learning for your childbirth journey. There are styles that vary from enriching partner support, nutrition focused, spiritually centering, including evidence based information that can be crucial to dispelling fears and preparing for your labor.**

**Always check your sources and a certified educator is best when discussing these topics.**



MIDWIFE, OBGYN,  
HEALTHCARE  
PROVIDER



CHILDBIRTH  
EDUCATOR



DOULA

# BENEFITS OF CHILDBIRTH EDUCATION



- INFORMED CONSENT in a labor setting
- Empowerment for the laboring person and support folx
- Processing fears and concerns
- Pain management
- Education is power
- Perinatal health and reproductive health education
- Birth planning
- Postpartum planning
- Breastfeeding education & support
- An introduction to newborn care
- Support management
- Family bonding, partner preparation

## EVIDENCE BASED BIRTH

Students are most excited to learn about the entire toolkit of comfort measures for labor. They cover pain management techniques like massage, water immersion, upright birthing positions, acupressure, music therapy, and deep breathing, just to name a few. Then you get hands-on practice in the Comfort Measures Rehearsal.

## BRADLEY METHOD

A 12-week course, the Bradley Method focuses on all aspects of childbirth, including how to stay healthy for the duration of your pregnancy. This birthing class focuses on techniques to help you through all stages of labor, what to expect if things don't go according to plan and what the role of your birth partner can be. Some of the course content touches on infant care as well.

## BIRTHING FROM WITHIN

A concept developed by midwife Pam England, focuses on birth as being a transformative psychological and physical experience for parents-to-be. In addition to touching on pain management techniques and birth preparation, Birthing From Within focuses on the fears, goals and expectations you have surrounding labor and delivery and your feelings about impending parenthood.

## HYPNOBIRTHING

The philosophy behind this type of childbirth class points to fear and anxiety as contributing to pain, so you and your birth partner will learn deep relaxation techniques that can help reduce your fear and keep you present during labor. Hypnobirthing anticipates its students are hoping for a drug-free delivery.

# Childbirth Education Methods



## THE EDUCATED BIRTH

The Educated Birth recognizes every individual embarks on this journey with their unique set of values, concerns, and preferences, and they are there to support you every step of the way. Whether you're a first-time parent, you're having another child, you're planning a low-intervention birth, or a cesarean birth, or a VBAC.

## HOSPITAL CHILDBIRTH EDUCATION INTENSIVE CLASS

Prepare for childbirth with classes about the birth process. You'll get information and tips to help you feel more comfortable and confident about birth.

## NATURAL CHILDBIRTH EDUCATION

For women who desire a natural or unmedicated childbirth experience, attending childbirth education classes can help you prepare for your baby's arrival. During these classes, you'll learn how to deal with pain during labor and delivery, as well as proper diet and exercise during your pregnancy..

## SPINNING BABIES

Spinning Babies is a childbirth approach that focuses on the baby's position in the pelvis and how to make birth easier. The Spinning Babies Parent Class is a video that teaches practical techniques for birth preparation,

# Childbirth Education Methods



## GROUP CLASSES

Discover community and build friendships within your cohort. Often times you will have due dates that are close together!

## PRIVATE CLASSES

Learning in the comfort of your own home. No travel

## ONLINE CLASSES

Self paced or instructor led. Flexibility, online community

# There is plenty on Youtube and Tik Tok; why do I need to pay for an additional class?

Your childbirth journey is just that, a journey. When packing for a journey like this you would normally pack some essentials as to not get “lost in the woods” and take a wrong turn that can lead to difficult outcomes and endings.

I have found that most birthing folx feel empowered and well prepared for labor, challenges, outside interference, dangers or even pressures after learning evidence based childbirth education.

The internet is filled with information but also misinformation or information without context, this can lead to further miseducation and leave you feeling in doubt of your knowledge or yourself.

**EVIDENCE BASED BIRTH**

\$200-\$350

**HYPNOBIRTHING**

\$75-\$495

**BIRTHING FROM WITHIN**

\$0-\$250

**BRADLEY METHOD**

\$375-\$400

**Cost**

## The Educated Birth

\$249-\$274

## HOSPITAL CHILDBIRTH EDUCATION

### INTENSIVE CLASS

\$0

## NATURAL CHILDBIRTH EDUCATION

\$75-\$250

## SPINNING BABIES

\$246-\$300

Cost

# Tips

FIND AN INCLUSIVE ENVIRONMENT  
THAT FEELS SAFE AND SUPPORTIVE

ASK QUESTIONS

BRING SUPPORT



# Get a doula sis!

A DOULA IS A TRAINED PROFESSIONAL WHO PROVIDES EXPERT GUIDANCE FOR THE SERVICE OF OTHERS AND WHO SUPPORTS ANOTHER PERSON THROUGH A SIGNIFICANT HEALTH-RELATED EXPERIENCE, SUCH AS CHILDBIRTH, MISCARRIAGE, INDUCED ABORTION OR STILLBIRTH, AS WELL AS NON-REPRODUCTIVE EXPERIENCES SUCH AS DYING.







# Outcomes with a Doula

- Decreased medical intervention in labor
- Reduces need for cesarean by 26%
- Reduces the need for forceps or vacuum extractor by 41%
- Reduces the use of pain medication by 28%
- Reduces the dissatisfaction with birth by 33%
- Reduces the length of labor

# Things a Doula Will Happily Support You With

## CREATE A SAFE ENVIRONMENT

By providing consistent care, uplifting your voice, your preferences and advocating for your right to choose. They may assist with processing your fears, offer emotional support and ways to orient to informed consent/how to ask for all of your options.

## INDIVIDUALIZE YOUR EDUCATION

In order for you to feel prepared for your labor, your doula becomes your guide through navigating the birth space. They typically offer time to craft your birth plan with you and reinforce ideas learned in your childbirth education course. Your doula will also introduce creative ways for your partner to get involved and birth preparation (Spinning Babies). They have knowledge for initiating breastfeeding and can provide guidance on general best practices for latching.

## ENCOURAGE LABOR

With tools such as suggestions for positioning and affirmations to help the birthing person stay focused. They may offer hands on support with touch, acknowledge the pain, breathing techniques and other comfort measures to cope.

## POSTPARTUM TRANSITION

Doulas offer support with creating your postpartum routine and acclimating back into your home. Offerings include light household tidying, light meal prepping and additional hands-on support with feeding, newborn education and emotional support. A birth doula may help you with the bare-bones of this process prenatally and support you roll into this plan early postpartum. Postpartum doulas support this transition for a more extended period of time.

## BEYOND!

Loss and Grief: Emotional support in the case of miscarriage, still birth, infant loss or abortion.  
Special Situations: Provide support and advocacy in situations like high-risk pregnancies and planned cesarean births.



## WHAT IS SPINNING BABIES®?

A model of caring for your body that focuses on key areas, proactively, in preparation for an easier birth. Spinning Babies® offers various resources for you to understand the anatomy of your changing body, daily stretches and tools to bring it into balance, as well as parent educator and birth preparation courses.

Many times, Spinning Babies® is sought out for breech presenting babes, but can be used as a tool throughout pregnancy. Even if your baby is head down.



# Tasks That are Outside of a Doula's Scope of Practice

## MEDICAL INTERVENTIONS

Doula's do not do cervical checks or examinations, administer medicine, take blood pressure, make medical decisions, diagnose, override medical instructions or speak for you to medical personnel.

## TAKE THE PLACE OF PARTNER OR FAMILY

Doulas, while they may tag team with partners and family members to allow them time to rest, do not replace the role of your support system in any aspect of the process. Think of your doula as the coach for your support system, they work alongside them to provide additional non bias support and education.

## LONG TERM HOUSEKEEPING OR CHILDCARE

Some doulas may offer sibling support and care to your newborn. They do not stand in the place of long term childcare. Similar in light housekeeping chores- this may look like loading or unloading the dishwasher, taking out the trash, washing/sterilizing baby bottles, running a load of laundry or folding baby clothes. They do not serve as housekeepers or provide deep cleaning support such as cleaning your bathroom.

## GUARANTEEING OUTCOMES

Having a doula will significantly reduce your need for extensive interventions and help facilitate pain management. They do not, however, guarantee specific outcomes for labor, delivery, or postpartum recovery. Their role is to support and empower the client, regardless of how birth unfolds.

# In Need of Further Emotional Support?

A DOULA CAN ONLY DO SO MUCH IN THE TIME THAT YOU HAVE WITH THEM. ARMOR YOUR TOOL KIT WITH THE ADDITIONAL SUPPORT OF A MENTAL WELLNESS PROVIDER. CREATE EASE IN YOUR PATH INTO PARENTHOOD BY FINDING A PROVIDER THROUGH YOUR INSURANCE CARRIER OR RESOURCES LIKE THE SOULCARE COLLECTIVE.

THE SOULCARE COLLECTIVE IS AN ONLINE SPACE DEDICATED TO SUPPORTING THE WELL-BEING OF BLACK, INDIGENOUS, AND OTHER PEOPLE OF COLOR (BIPOC). COMPRISED OF MENTAL AND HOLISTIC WELLNESS PROFESSIONALS COMMITTED TO ELIMINATING BARRIERS TO WELLNESS THROUGH INDIVIDUAL AND COMMUNITY CARE. THE AFFORDABLE MENTAL WELLNESS PROGRAM OFFERS THERAPEUTIC SUPPORT FOR PEOPLE WHO ARE UNINSURED, UNDERINSURED, OR UNABLE TO PAY FOR INDIVIDUAL CARE AT THE MARKET RATE. IN ADDITION TO INDIVIDUAL, RELATIONSHIP, AND FAMILY WELLNESS SESSIONS, THEY ALSO OFFER INTEGRATIVE NUTRITION AND SOMATIC WELLNESS.

**SOULCARE SUNDAY SUBSCRIPTION:  
WEEKLY COMMUNITY OFFERINGS**  
\$10/month

**1:1 THERAPY**  
\$75-100

**PARNER THERAPY**  
\$85-\$160

**FAMILY THERAPY**  
\$125-\$250

**ALTERNATIVE COMPLEMENTARY HOLISTIC  
SERVICES**  
\$60-\$165

**BIRTH STORY PROCESSING** \$75-\$120

**Cost**

# Frequently Asked Interview Questions

## INQUIRE ON BACKGROUND AND EXPERIENCE

Questions regarding how long they have been attending births, what training they have or any certifications. You may wish to know the providers philosophies about birth and if they are experienced with various types of birth (ie: medicated vs non-medicated, home birth vs hospital, cesarean, VBAC)

## SERVICE SPECIFICS

Do they offer packages that include birth & postpartum support, birth only, CBE, massage etc.  
How long is their on-call period for your birth? Do they have backup support, should they be unavailable or sick?  
What is your rate? Do you have a contract? Do you offer payment plans? Refund Policy?

## ADDITIONAL CONSIDERATIONS

How do they establish & grow rapport with their clients, therefore, trust?  
How do you handle conflict or disagreements in the birth space?  
What's your approach to working with hospital staff or midwives?  
How do you support clients dealing with trauma or anxiety relating to birth?  
What's your approach to postpartum mental health support?  
Are there any cultural or religious practices you're experienced with, or that you do not feel comfortable supporting?

# Your Doula may be Covered by your Health Insurance

MEDI-CAL MEMBERS ARE ELIGIBLE FOR DOULA SUPPORT  
THE DEPARTMENT OF HEALTH CARE SERVICES ADDED DOULA SERVICES AS A  
COVERED BENEFIT ON 1/1/23.

## SERVICES INCLUDE:

- PERSONAL SUPPORT TO INDIVIDUALS AND FAMILIES THROUGH PREGNANCY, AND ONE YEAR POSTPARTUM.
- ALSO INCLUDES EMOTIONAL AND PHYSICAL SUPPORT PROVIDED DURING PREGNANCY, LABOR, AND THE POSTPARTUM PERIOD, AS WELL AS SUPPORT FOR AND AFTER MISCARRIAGE AND ABORTION





## **REASONABLE ACCOMMODATIONS**

For individuals with disabilities, DHCS will provide free assistive devices, including language and sign-language interpretation, real-time captioning, note takers, reading or writing assistance, and conversion of training or meeting materials into braille, large print, audio, or electronic format. To request alternative format or language services.

[DoulaBenefit@dhcs.ca.gov](mailto:DoulaBenefit@dhcs.ca.gov)

# MEDI-CAL DOULA SERVICES RECOMMENDATION

[HTTPS://WWW.DHCS.CA.GOV/PROVGOVPART/PAGES/DOULA-SERVICES.ASPX](https://www.dhcs.ca.gov/PROVGOVPART/PAGES/DOULA-SERVICES.ASPX)

*This form is an example of what can be used to access doula services through Medi-Cal. It is not necessary to use this specific form as long as a clinician's written recommendation is secured with all of the information listed below and retained by the doula.*

<b>Licensed Provider's Recommendation for Doula Services</b>		
Beneficiary First Name:	Middle Name:	Last Name:
Beneficiary's Date of Birth:	Licensed Provider's NPI Number:	
Licensed Provider First Name:	Middle Name:	Last Name:
Date of Recommendation:	Licensed Provider's Signature:	



## **RECOMMENDATION FOR DOULA SERVICES FOR PREGNANT AND POST-PARTUM MEDI-CAL MEMBERS**

The Department of Health Care Services (DHCS) is issuing a statewide standing recommendation that all Medi-Cal members who are pregnant or were pregnant within the past year would benefit from receiving doula services from a Medi-Cal enrolled doula provider. This recommendation fulfills the federal requirements in section 440.130(c) of title 42 of the Code of Federal Regulations for a physician or other licensed practitioner of the health arts acting within their scope of practice to provide a written recommendation for preventive services.

# Resources

- [AROUND BIRTH COLLECTIVE](#)
- [CALIFORNIA BLACK WOMENS HEALTH PROJECT](#)
- [BLACK INFANT HEALTH](#)
- [HEALTHY START](#)
- [THE SOULCARE COLLECTIVE](#)
- [BIRTH EQUITY THROUGH CAL AIM](#)
- [THE BLACK MAMAS MATTER ALLIANCE](#)
- [THE EDUCATED BIRTH](#)
- [POSTPARTUM SUPPORT INTERNATIONAL](#)
- [BLACK WOMEN BIRTHING JUSTICE](#)
- [Commonsense Childbirth \(The JJ Way\)](#)
- [IRTH APP](#)
- [MOTHER2BABY](#)
- [CINNAMOMS](#)
- [FRONTLINE DOULAS](#)
- [BELOVEDBIRTH](#)
- [KINDRED SPACE LA](#)



Questions?

# Raffle! and Evaluation

# Understanding California's Birth Options Webinar Series

## Envisioning Midwifery Integration, Collaboration and Expansion

We'll discuss the national maternal/infant mortality crisis and its impacts in California, birth disparities, the Midwifery Model of Care™, and more.

Date: Thursday, October 3, 2024

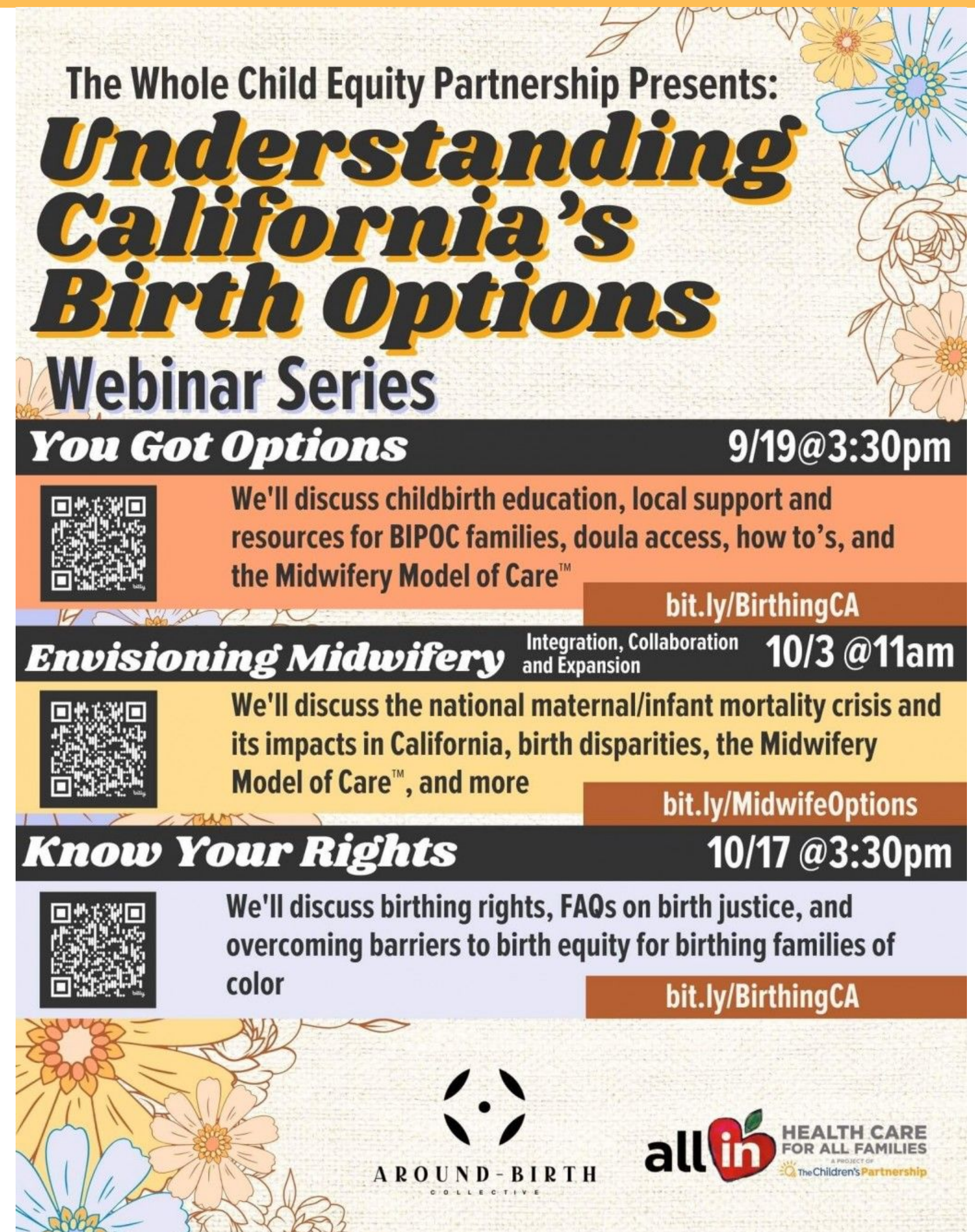
Time: 11 a.m.-1 p.m.

## Know Your Rights

We'll discuss birthing rights, FAQs on birth justice, and overcoming barriers to birth equity for birthing families of color

Date: Thursday, October 17, 2024

Time: 3:30-5 p.m.




The Whole Child Equity Partnership Presents:

# **Understanding California's Birth Options**


## Webinar Series

**You Got Options** 9/19@3:30pm

 We'll discuss childbirth education, local support and resources for BIPOC families, doula access, how to's, and the Midwifery Model of Care™


[bit.ly/BirthingCA](https://bit.ly/BirthingCA)

**Envisioning Midwifery** Integration, Collaboration and Expansion 10/3 @11am



 We'll discuss the national maternal/infant mortality crisis and its impacts in California, birth disparities, the Midwifery Model of Care™, and more

[bit.ly/MidwifeOptions](https://bit.ly/MidwifeOptions)

**Know Your Rights** 10/17 @3:30pm

 We'll discuss birthing rights, FAQs on birth justice, and overcoming barriers to birth equity for birthing families of color

[bit.ly/BirthingCA](https://bit.ly/BirthingCA)

# California Reparations: How Does Prenatal To 3 Fit In?

## California Reparations: How does Prenatal to 3 fit in?

**Tuesday October 8 2024, 10–11 am**

We will be discussing the following:

- The history of reparations and current context setting (ex. CA reparations report, things to build upon).
- The historical context of racial injustice, systemic racism, reparations efforts and strategies.

This webinar will be presented in English with live Spanish translation available.

## CALIFORNIA REPARATIONS WEBINAR

This webinar will bring together stakeholders from across CA to discuss the importance of including children prenatal-to-age 3 and their families in reparations policy.

### How Does Prenatal to Age 3 Fit In?

A discussion on reparations actualization, challenges, history and context setting

Dr. John Dobard, VP of Policy & Programs at Catalyst CA  
Dr. Cheryl Grills, CA Reparations Task Force  
Lisa Holder, President of Equal Justice Society

**TUE 10/8 @ 10AM**

[Bit.ly/RepConvo](https://bit.ly/RepConvo)

This webinar is created with the support of the Whole Child Equity Partnership



# THANK YOU!



## Contact Us

---

**Leslie McFarlane**  
[aroundbirthcollective@gmail.com](mailto:aroundbirthcollective@gmail.com)

**Tianna Barr**  
[tianna@soulcarecollective.org](mailto:tianna@soulcarecollective.org)