

Hearthmother Journey Course Content



Overview Module

	32 min	Orientation & Introductions
		New Student Admission Form
		Join your Cohort Community
		Workbook
		A Hearthmother's Library
	10 min	Stoke Your Fire - Worship
		YOUR FIRST ASSIGNMENTS
	60 min	Front End Assessment
	2 min	Choosing Your Final Project
		THE STUDENT LIFE
	21 min	Time Management & Study Habits
	50 min	 Unschooling Starts at Birth
	5 min	 Planner & Birth Log

		BIBLE READING AND STUDY
	5 min	Birth Servant Scripture Reading Plan
	27 min	Bible Study Principles
	17 min	Bible Study Methods
	12 min	Verse Mapping
		OUR GUIDING FRAMEWORK
	30 min	The Way of the Hearthmother
	94 min	 Planner & Birth Log The Way of the Hearthmother
	18 min	Whole Person Perspective
		Living Cyclically
	91 min	 Living as Cyclical Beings
		BIRTH PHILOSOPHY
	15 min	Intro to Embrace Birth
	26 min	Basic Needs of a Woman in Labor
		Deeper Still Resources



Step 1

Module 1

	3 min	Intro Video
	15 min	Stoke Your Fire - Worship
		KNOWING GOD
	31 min	Who is God?
	22 min	The Character of God
	15 min	God as the Great Midwife
	14 min	Cultivating a Relationship with Christ
		HOW DO WE RESPOND?
	10 min	What is Worship & Prayer
	19 min	Being an Intercessor
	7 min	How to Pray-Read the Word
	40 min	Rachel's Prayers The Cries of a Laboring woman
	23 min	Hearing God's Voice
	22 min	Who is on the Throne?
	14 min	Living a Fasted Lifestyle
	33 min	Spiritual Warfare



Deeper Still Resources



Module 2














	4 min	Intro Video
	6 min	Stoke Your Fire - Worship
		WAIT. HAVE FAITH. REST
	40 min	Waiting on the Lord
	37 min	Sabbath-Keeping
	19 min	Growing Faith
		IDENTITY
	15 min	Identity in Christ
	21 min	Biblical Femininity Part 1
	12 min	 Article: Femininity Defined
	16 min	Biblical Femininity Part 2
	29 min	Owning your story (unpacking your baggage)
	8 min	Your self-talk story
	4 min	 What's your story?
	120 min	 Soothing Scripture Meditations
		YOUR CALLING

	5 min	Discerning and Answering Your Calling
	62 min	👉 When Motherhood and Birth Work Collide
	36 min	Defining Birth Servant Roles
	4 min	Your Present Skill Set
		👉 Birth Servant Skill Sets
	13 min	Representing your with integrity
	7 min	👉 Who I am as a Birth keeper
	18 min	The Role of Witness
		STEPPING INTO THE WORK
	19 min	Opening to Invitations to Births
	15 min	Managing Your Own Fear at Births
		TAKING CARE OF YOU
	84 min	Biblical, Pro-Active Self-Care
	15 min	Addressing Needs & Creating a Self Care Plan
	10 min	👉 Addressing Needs & Creating a Self Care Plan
		BIRTH & MIDWIFERY HISTORY
		Brief History of Midwifery
	30 min	Types of Midwives
		Deeper Still Resources



Module 3

	3 min	Intro Video
	11 min	Stoke Your Fire – Worship
		RELATIONSHIP WITH YOURSELF
	11 min	Holistic view of the person
	25 min	Holistic vs Allopathic Perspectives
	3 min	👉 Holistic vs. Herbalism vs. Homeopathy
	10 min	The Practice of Introspection
	35 min	Getting Curious with Yourself
		RELATIONSHIPS WITH CLIENTS
	10 min	Building Relationship Overview
	22 min	True Listening
	16 min	Asking Good Questions
	40 min	Holistic Curiosity: Asking Questions when Challenges Arise
	40 min	Client Clarity
	10 min	👉 Client Clarity Hearthmother Prayer Map
	10 min	👉 Finding your Unique Birth Approach

	10 min	Honor Based Confidentiality
	28 min	Boundaries
		👉 Boundaries worksheets
	16 min	Attunement
	70 min	Abuse and Sexual Trauma
	10 min	Strategies for Specific Triggers of Anxiety during Childbirth
	10 min	Clinical Challenges in Childbirth Related to Childhood Sexual Abuse
	10 min	Human Trafficking Indicators
		Trauma Informed Care
		MANAGING INFORMATION
	52 min	Research and Gathering Resources
	20 min	Charting and Note-Taking
	20 min	👉 LAMP Charting
		Deeper Still Resources



Step 4

Module 4

	3 min	Intro Video
	13 min	Stoke Your Fire - Worship
		YOUR OWN COMMUNITY
	45 min	Marriage and Family Health
	21 min	Your Community Support
	10 min	Forming a Prayer Team
		YOUR BIRTH PRO COMMUNITY
	36 min	Nurturing a Healthy Birth Culture
	23 min	Circle of Colleagues
	14 min	Peer Review Process
		YOUR CLIENT'S COMMUNITY
	16 min	Leaving Behind "Savior Mentality"
	70 min	Being Part of an Aligned Birth Team
	15 min	Helping Clients Find Their Own Answers & Path
	2 min	Your Clients Wise Counsel & Prayer Team
	25 min	When the Client isn't a Believer



Deeper Still Resources



Step 5

Module 5

	4 min	Intro Video
	12 min	Stoke Your Fire - Worship
		THE FEMALE BODY
	20 min	Basic Anatomy & Physiology (A&P)
	12 min	Female Anatomy
	26 min	The Beautiful Pelvis
	60 min	👉 The Female Pelvis except by Blandine Calais-Germain
	22 min	A&P of Pregnancy
	21 min	Cycle Basics
	10 min	Menstrual cycle short videos and charts
	24 min	Alignment Basics
	60 min	👉 More Alignment Resources
	25 min	Belly Mapping for Birth Workers
	5 min	👉 Fundal Height & FHT Location Charts
	53 min	Integrated Nutrition <we mention specific embrace here>
	72 min	👉 Food Informs Physiology

THE BIRTH PROCESS		
	18 min	Is Birth Cursed?
	19 min	Anointed Birth
	22 min	Birth Hormones
	18 min	Cardinal Movements of Birth
	12 min	 3D Videos of Cardinal Movements
	13 min	Physiological Breech Basics
	29 min	Placenta A&P and How it shares the Gospel
	17 min	Placenta Birth
	25 min	Cord Separation
	22 min	Newborn Transition
SUPPORTING NORMAL BIRTH		
	22 min	Supporting Normal
	47 min	 A Good Birth Attendant
	55 min	Mystery Can't Be Measured
	11 min	Sights, Sounds, and Sensations of Labor Progress
	53 min	The Art of Holding Space
	6 min	Pain Relief Techniques/Mindset
	58 min	 Surpassing Pain Free
	82 min	 Holistic Labor Prep
	90 min	 11 part Labor Pain Remedy Course
	15 min	Complex Birthing Situations

		POSTPARTUM
	16 min	A Portrait of Postpartum
	28 min	Postpartum A&P
		SUPPORTING POSTPARTUM
	10 min	Practical Postpartum Instructions
	29 min	Supporting a Lying-In Period
	69 min	 Prioritizing Postpartum
	6 min	What to do with a placenta
	17 min	A Normal Newborn
	46 min	Supporting Breastfeeding
		Deeper Still Resources



Step 6

Module 6

	3 min	Intro Video
	10 min	Stoke Your Fire - Worship
		ENTERING THE SPACE
	62 min	Knowing When to Use (and NOT to use Your Tools)
	40 min	Your Birth Bag
	5 min	What to Wear
	22 min	When to Show Up
		SKILLS FOR ACTIVELY SUPPORTING LABOR
	21 min	Comfort Measures (Mothering Skills)
	13 min	Well-Placed Words
	41 min	Water Birth
	71 min	 Water Birth: What the Data (and Our Stories) Reveal
	21 min	Supporting Prolonged and Irregular Labors
	56 min	 Failure to progress or just normal?
	15 min	 Why your labor was longer than you wanted it to be
	5 min	Labor Furniture

	13 min	Planned Hospital Birth
	10 min	☞ Tips for a low-intervention, physiologic birth in a hospital
		BIOMECHANICS
	21 min	Making Space in the Pelvis
	2 min	☞ Dutch Pelvis Demo
	2 min	☞ Images of labor positions for each level of pelvis
	15 min	Trouble-Shooting Using Positioning
	3 min	☞ Side-Lying Release
	2 min	☞ Frontal Leaning Inversion
	11 min	Counter Pressure
	16 min	Support Using Woven Fabric
	5 min	☞ Pregnancy Belly Wrapping Tutorial
	12 min	☞ "Comfort Measures for Childbirth - The Rebozo Way"
		GENTLE HEALING MODALITIES
	22 min	Networking with Complementary Pros
	44 min	Intro to Herbs
	28 min	Intro to Homeopathy
	8 min	Why Chiropractic
	65 min	About Traditional Chinese Medicine
	35 min	What is Cold Laser Therapy
	22 min	What is EFT
	12 min	What is Splanka?

SKILLS FOR ACTIVELY SUPPORTING POSTPARTUM

	13 min	Physiological Response in Immediate Postpartum
	41 min	Vaginal Steaming
	10 min	 Demystifying the V Steam
	18 min	Dedications & Closing Ceremonies
	40 min	Healing Perineal Tissue
	33 min	Recognizing Postpartum Mood Disorders
		Deeper Still



Step 7 & 8

Module 7

🎥	4 min	Intro Video
🎵	18 min	Stoke Your Fire - Worship
		OUR "BIG GUNS"
🎥	6 min	Forceful vs. Invasive Interventions
🎥	14 min	Forceful & Invasive Interventions At Home
🎥	60 min	Philosophy of Natural At Home Induction
🎥	34 min	Inductions, At-Home
🎥		Vaginal Exams...But, Why!?! (embrace)
🎥	47 min	Postpartum Hemorrhage, The What, Why & How to Handle
🎥		Fear-Free Transitions (embrace)
🎥	27 min	Freeing a Stuck Baby
		WHEN TO USE THE MAINSTREAM
🎥	14 min	Moving past Black and White Thinking
🎥	50 min	Navigating by values rather than ideals
🎥	17 min	Recognizing When We've Left "Normal"
🎥	19 min	Knowing Your Limits

	17 min	Reasons For Transfer
	20 min	Activating EMS
	27 min	Home birth transfer skills/process
	1 min	👉 Unassisted Birth Transfer Form
	12 min	Decision-Making & Autonomy in the Hospital
		THEIR TOOLS
	22 min	Overview of Available Hospital Helps
	120 min	Pharmaceutical Inductions & Augmentation
	115 min	Epidurals
	207 min	Cesarean Section
		PROCESSING THE SHIFT IN PLANS
	18 min	Disappointment/Difficult of Trauma?
	56 min	👉 Beyond Disappointment: Birth Trauma
	8 min	Debriefing Your Client's Experience in a Healthy Way
	20 min	Tools for Processing Birth Trauma
		Deeper Still Resources



Business Module



	4 min	Intro Video
	9 min	Stoke Your Fire - Worship
		Deeper Still Resources
		LORDSHIP OVER YOUR BUSINESS & MINISTRY
	12 min	Business That is also Ministry
	8 min	Who are you here to serve?
	12 min	Separation of Birth Servants and Hospital
	11 min	Vision, Mission, Beliefs
		SENDING OUT YOUR MESSAGE
	3 min	Branding - What is it?
	11 min	 Story Brand 7 Steps Tutorial
	35 min	Client Screening
	3 min	Branding - Messaging
	5 min	 How to Craft an Unforgettable Elevator Pitch
	2 min	Branding - Creating a Brand kit
	5 min	 How to Create a Brand kit in Canva

	28 min	Your One-of-A-Kind Voice
		HOW YOU SERVE - MENUS & METHODOLOGIES
	120 min	Setting Goals
	5 min	Creating your offerings
	23 min	Peripheral Services (More than Birth Attendance)
	11 min	Certification, Licensure, and Regulation
	225 min	👉 multiple recommended podcasts & articles
		BEHIND THE SCENES
	47 min	The On-Call Life
	21 min	Setting your prices
	15 min	👉 Setting prices spreadsheet
	6 min	Contracts
	21 min	Managing Money
	20 min	👉 Links to extra resources
	11 min	Generosity
	34 min	👉 Links to additional reel & podcast
	25 min	A Helpful Automation Tool



Module 8

	3 min	Intro Video
	12 min	Stoke Your Fire - Worship
		BASICS
	48 min	What IS a Biblical Worldview
		EFFECTS OF THE FALL
	89 min	Persecution of Birthworkers & A prayer
	32 min	Infertility
	35 min	Eternal Perspective- Death Has Lost It's Sting
	44 min	Wading into the Grief with Her
	24 min	Infant Circumcision
	50 min	Racism
	34 min	Violence Against Women
	2 min	 Data Fact Sheet
		IN THE WORLD. NOT OF IT
	39 min	Sexual Coercion and Expectations
	34 min	Gender Ideology and Politics

	39 min	New Age, Witchcraft and Paganism
	35 min	Birth Control
	28 min	Abortion, The Church's response
	42 min	Artificial Reproductive Technologies (IVF, Surrogacy, IUI)
	79 min	Infant Adoption
 		Deeper Still Resources



Final Module

	9 min	Stoke Your Fire - Worship
	2 min	Graduation Requirments Overview
	5 min	Your Final Projects
		WotH Planning Pages
		Current Self Assessment
		Skills Checklist
		Journey Story
		Graduation Submissions (How To)
		Scheduling Your Transition Dialogue
		WALKING IN THE WAY OF THE HEARTHMOTHER
	62 min	Practical Examples - Podcast
	23 min	Practical Examples - Video
	10 min	The Way of the Hearthmother Informed Consent Templates
		ODDS & ENDS
	5 min	Embrace Birth Take and Teach
		Hearthmother Journey Merch



Feedback Form