




Dear Prospective Educator,

Thank you for expressing interest in the Expecting Miracles education program at the Pregnancy Resource Center of Snohomish County. Do you have a passion for pregnancy, birth and babies? Are you the mentor-type who likes helping other mothers thrive? You can be one of our fantastic instructors and make a difference in the lives of families! No prior training or experience is required.



Life is a
precious
miracle.

Our program has offered a very successful 7 week baby and birth preparation series for over 10 years. Now we are creating a childbirth education program for parents who have given birth before called "Expecting Another Miracle". This dynamic three week series will serve the needs of experienced parents who need a simple birth refresher class. We are thrilled to be fulfilling this need in our community!

Expecting Miracles takes a very unique approach to childbirth educator training. We use a personal mentoring method that includes observation, co-teaching and evaluation. Because of the time commitment required to train a new educator and a desire to offer a very individualized approach, we train only a few educators per year. In order to be accepted into the program you must make a minimum year-long commitment to the program of 4-5 hours per week. We strongly prefer to train teachers who wish to make a multi-year commitment to the program.

We are currently accepting applications for our childbirth educator training program that will begin in February 2011. In this packet you will find the following information:

- ★ **About the Pregnancy Resource Center** Our education program is one piece of a multifaceted approach to serving at-risk pregnant women in our community.
- ★ **Introduction to the Expecting Miracles Program** The design of our program is one of the only of it's kind in the country.
- ★ **Volunteer Educator Requirements & Training**
- ★ **Frequently Asked Questions**
- ★ **PRC Statement of Principle & Articles of Faith** Before accepting anyone as a volunteer in our program we expect them to be in full agreement with these foundational standards.
- ★ **Expecting Miracles Volunteer Educator Application**

The Pregnancy Resource Center desires to serve its clients with the highest standard of care. As a result, the role of our volunteer educators is a critical one. Our passion for healthy pregnancy, confident childbirth and joyful parenting overflows into everything we do; therefore it is our desire to train vibrant childbirth educators who want to make a long term commitment to the families served by our education program.

Please do not hesitate to contact me with any questions you might have. I look forward to meeting you!

Emily Fontes

Emily Fontes
Program Director
Expecting Miracles
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About the Pregnancy Resource Center

As a faith-based 501c(3) non-profit organization our mission is the empower women to make life affirming choices by providing compassionate medical, educational and support services. We were founded in 1983 and having been serving Snohomish County at various locations since then. All of our services are funded completely by individual donors, churches, small business owners and fundraising events. Because we are a faith-based non profit, we receive no financial support from the local, state or federal government.

At our core, we are a pro-life organization that hopes to provide every avenue possible to help women facing unplanned pregnancy carry their baby to term, deliver safely and parent successfully (or create an adoption plan). To this end we offer the following services to all women in the community, completely free of charge:

- ★ Pregnancy testing with a trained client advocate
- ★ A wide array of local resources and referrals
- ★ Maternity clothing
- ★ Birth and baby preparation classes
- ★ Baby clothing and supplies
- ★ Several independent onsite professionals including: a Licensed Midwife, Step by Step (which facilitates DSHS case management), La Leche League breastfeeding support groups and an Attachment Parenting support group



Another PRC program, Connexions, sends speakers into the local schools to teach students about creating healthy relationships. These transformative presentations discuss the dangers of STI's and teen pregnancy while promoting a teen culture that values love, commitment and respect in the form of abstinence.

As an organization we have several staff members and a board of directors but the day to day functions and services of the PRC are entirely volunteer run. Our volunteer screening and training process is rigorous as we rely heavily on volunteers to carry out the majority of interaction with clients. We view our purpose in the community as not only medical, education and practical but, also, spiritual. As a faith-based organization, we serve out of compassion and a desire to minister to each women in a way that shows the love of Jesus Christ. Our national affiliations include: CareNet, Heartbeat International, and the National Institute for Family and Life Advocates (NIFLA).





Introduction to the Expecting Miracles Program

Our childbirth education program was founded in 2000 as “Preparing for Parenthood”. It was created by Janet Starr who brought a wealth of experience in childbirth education through programs at Evergreen Hospital and Providence Medical Center. In January 2006 we were blessed to receive a large grant from the March of Dimes to continue to expand the program. Shortly thereafter Emily Fontes assumed the role of managing the childbirth education program. Since that time the name of the program was changed based on client feedback, a professional logo and brochures were created and the curriculum was partially rewritten. We have also added a full-featured website including online registration.

How the Program Helps Families

- ★ Our free 7 week, 14 hour childbirth education series runs several days a week continuously throughout the year. It covers newborn care, breastfeeding, birth recovery and complete birth preparation.
- ★ We are adding a 3 week birth refresher series for experienced parents.
- ★ We strive to maintain a highly engaging curriculum, full of humor and hands on activities. We also incorporate the most evidence-based content possible and update it every year.
- ★ Anyone is welcome to register for our classes. There is no application or approval process; classes are free for everyone. No scholarships or medical coupons needed!
- ★ Each woman earns 15 “baby bucks” per class to spend in our Baby & Maternity Boutique. The points never expire so they can continue to shop after their baby is born. No real money is accepted in the boutique.
- ★ In the Boutique we stock gently used baby clothing, diapers, wipes, toiletries, swings, etc. Everything is donated from families in the community and carefully screened.
- ★ We also offer an exchange program which allows women to bring clothing that their baby has outgrown and trade up for a bigger size. This is open to everyone, not just families who participated in classes.

Facility

In 2007 we moved to a new facility and now have a spacious 25 foot by 50 foot room. It is capable of accommodating up to 65 people for lectures and a maximum of 20 couples for childbirth classes. We have an integrated audio/visual system.

Our Philosophy of Childbirth Education

- ★ Pregnancy and birth are designed by God and are normal, healthy functions of a woman's body.
- ★ The birth of a baby also marks the birth of a mother, the birth of a father and the birth of a family. It is profound life event to be cherished and respected.
- ★ Women's confidence and ability to give birth is either enhanced or diminished by the care provider and place of birth. Birth can safely take place in homes, birth centers and hospitals.
- ★ Normal, vaginal birth is the healthiest option for women and babies, in the absence of emergency complications. Women have the right to give birth free from routine medical interventions.
- ★ Childbirth education empowers women to make informed choices in health care, to assume responsibility for their health and to approach birth with confidence.
- ★ Parenting begins before birth. The intimate connection between children and their parents must be respected and protected from the moment of conception throughout life.
- ★ Mothers and fathers play unique, irreplaceable roles in their children's lives. Babies and children thrive in close, consistent interaction with their parents.
- ★ Breastmilk is the optimum source of nutrition for infants. Mothers deserve education and support to help achieve a successful breastfeeding experience.
- ★ The transition to parenthood can be emotionally and physically overwhelming. Mothers and fathers need compassionate practical support and respectful mentoring that helps them establish their own parenting style.



Volunteer Educator Requirements & Training

As a faith-based non-profit we take volunteerism very seriously. We are dedicated to providing the best possible services to our clients and the keystone of that is choosing excellent volunteers and training them very well. We only select 2-4 applicants each year to enter our childbirth educator training program.

Qualities we are looking for in our educators:

- ★ A vibrant Christian faith, commitment to pro-life ministry and a heart to serve.
- ★ Passion for pregnancy, childbirth and breastfeeding.
- ★ Enthusiasm, confidence as a public speaker and a great sense of humor.
- ★ Compassion for teen mothers, single mothers and disadvantaged families.

In order to be accepted into the Expecting Miracles Educator Training Program you must:

- ★ Agree with our Statement of Principles & Articles of Faith.
- ★ Complete a volunteer application with references.
- ★ Have an application interview with the Program Director.
- ★ Observe one night of our childbirth classes.
- ★ Pass a background check.
- ★ Be willing and able to commit to a full year of training and volunteerism.
- ★ We strongly recommend that you attend a Childbirth Educator Workshop from one of the following organizations: Simkin School for Allied Birth Vocations, Great Starts or Passion for Birth.

We offer a mentoring approach to training our instructors. In order to teach our birth and baby preparation classes you must make a minimum year-long commitment to the program of 4-5 hours per week. We strongly prefer to train teachers who wish to make a multi-year commitment to the program.

- ★ **Month 1: Observation** You will observe our Program Director teach an entire class series, take notes and ask questions after each class. There is a required reading list you must complete during this time.
- ★ **Month 2: Co-teaching** You will teach small portions of each class that you feel most comfortable with and continue to observe the Program Director teach the other portions.
- ★ **Month 3: Evaluation** You will teach an entire series while the Program Director observes you. Time for feedback and review is set aside after each class. This portion may be repeated if you and/or the Director feel you need more mentoring.
- ★ **Months 4-12: Volunteerism** You teach the class series independently for eight months. The Program Director is still available for consultation and mentoring, if needed. Once complete, you may choose to continue teaching as a volunteer.

Required Class Dates for Spring 2011 Training:

- ★ February 10, 17, 24 (2011) 6-10pm
- ★ March 10, 17, 24 (2011) 6-10pm
- ★ April 7, 14, 21 (2011) 6-10pm
- ★ Eight 3-week series to be scheduled for the remaining volunteer term. We will work with you to choose the specific dates.



Frequently Asked Questions

Is Expecting Miracles a Christian curriculum? Even though the Pregnancy Resource Center is a faith-based organization, our childbirth education is not religious in nature. There are no required religious elements but we do give honor to our Creator as the author of life and recognize His design for a nuclear family in the tone and language used throughout the course. We ask that instructors pray for their students in their own personal devotion time and also reach out for prayer support from the other teachers when they have particularly difficult client situations come to light in class.

Is your curriculum based on a particular method such as Lamaze or Bradley?

Our curriculum is based on many different methods... the best of the best! We strongly value the Lamaze Six Healthy Birth Practices and ICEA's philosophy of "freedom of choice based on knowledge of alternatives". In addition, Bradley's empowerment of fathers/labor partners is a key component of our instruction. Beyond that we have formulated many of our labor coping techniques based on the instructors' combined hands-on experiences as labor support doulas and our knowledge of the local birth environment. We are always open to new methods, ideas, teaching strategies and activities.

Is the curriculum focused on natural birth?

It is our belief that every woman should be given the tools to accomplish an unmedicated birth, as well as complete information about interventions and pain medication. We do not operate under the influence of hospital administrators, obstetricians or anesthesiologists so we are free to teach a completely evidence-based curriculum. Therefore we do not glamorize the ease of pain medication but strive to provide a fair understanding of the benefits and risks, advantages and disadvantages without judgement. Our goal in all things is to stimulate our clients to think about each topic in a way that they didn't before. We want to activate curiosity and awareness about alternative birth choices, places and caregivers.

What are the demographics of your clients?

Average age: 26 years. Married: 76%. Caucasian: 88%. Preparing for their first birth: 77%.

Is there any way I can volunteer in the program without teaching?

We are always looking for class assistants, baby boutique volunteers, baby reunion volunteers and the like. It takes many hands to make all of the individual components run smoothly. You might even have an idea for a class, workshop or support group that could be a good fit for women in our community. We welcome your suggestions!



Statement of Principle

1. PRC is an outreach ministry of Jesus Christ through His church. Therefore, PRC, embodied in its volunteers, is committed to presenting the gospel of our Lord, both in word and deed, to women with crisis pregnancies. Commensurate with this purpose, those who labor as PRC board members, directors and volunteers are expected to know Christ as their Savior and Lord.
2. PRC is committed to providing accurate and complete information about both prenatal development and abortion.
3. PRC is committed to integrity in dealing with clients/callers, earning their trust, providing promised information and services, and eschewing any form of deception in its corporate advertising or individual conversations.
4. PRC is committed to assisting women to carry to term by providing emotional support and practical assistance. Through the provision of God's people and the community at large, women may face the future with hope and plan constructively for themselves and their babies.
5. PRC never discriminates in providing services because of race, creed, color, national origin, age or marital status.
6. PRC never advises, provides or refers for abortion or abortifacients.
7. PRC offers assistance free of charge at all times.
8. PRC is committed to creating an awareness within the local community of the needs of pregnant women and of the fact that abortion only compounds human need rather than resolving it.
9. PRC does not refer single women for contraceptives. The value of chastity will be emphasized with single clients/callers when discussing the topic of birth control. Health issues relevant to various forms of birth control may be addressed with single and married client/callers. When a married clients/caller requests contraceptive services, she will be referred to a physician.
10. PRC recognizes the validity of adoption as one alternative to abortion, but is not biased toward adoption when compared to the other life-saving alternatives. Clinics are independent of adoption agencies and attorneys, relating to them in the same manner as to the other helpful referral sources. PRC receives no payments of any kind from these agencies, does not enter into contractual relationships with them, and does not share combined office space with them. Adoption agencies are not established under the auspices of PRC. PRC neither initiates nor facilitates independent adoption.



Articles of Faith

ARTICLE I

We believe that God has revealed Himself to man through His creation, through His Son, and through the Scriptures of the Old and New Testaments; those books being a dual authorship in which the Holy Spirit superintended the human authors to compose and record God's Word to man without error in the whole or in any part. We believe the Bible to be the believer's final and infallible authority in faith and in practice.

ARTICLE II

We believe in one God eternally existing in three persons: the Father, the Son, and the Holy Spirit; and that these three are identical in nature, attributes, and perfection.

ARTICLE III

We believe that God, in the beginning, created the heavens and the earth, that He created Adam and Eve in His image, and that He upholds all His creation by His providence.

ARTICLE IV

We believe that the angels were all created by God as sinless spirit beings, but that one of the angels, Lucifer, fell through the sin of pride, influencing many angels to accompany him, and that Satan continues as an enemy of God, His truth, and His people.

ARTICLE V

We believe that, as a consequence of sin, Adam incurred both spiritual and physical death. We believe this sin nature has been transmitted to the entire human race, with the sole exception of the man Jesus Christ. Therefore, all human beings are corrupt and incapable of doing that which is acceptable to God apart from divine grace.

ARTICLE VI

We believe that Jesus was begotten of the Holy Spirit and born of the Virgin Mary, thereby being perfect God and perfect man.

ARTICLE VII

We believe that the Lord Jesus Christ accomplished our redemption through His death on the cross, satisfying divine justice concerning sin and taking our sentence of death upon Himself, and that His death is the only basis upon which man may become acceptable to God.

ARTICLE VIII

We believe in the resurrection of the crucified body of our Lord Jesus Christ, His ascension into Heaven, in His present life for us as High Priest and Advocate, and in His personal return to reign in power and glory.

ARTICLE IX

We believe that ultimately Satan will be thrown into the Lake of Fire, the unsaved will be committed to eternal punishment, and the saved will physically enter the eternal state of glory with God.

ARTICLE X

We believe that the only way to receive eternal life is through repentance and faith in Jesus Christ, and that all who thus believe are reborn by the Holy Spirit and become children of God, a complete relationship not conditional upon any accompanying or subsequent actions or experiences.

ARTICLE XI

We believe that all who are born of the Holy Spirit belong immediately to the one true Church, a spiritual body of which Christ is the head. We believe all who are thus baptized by the Holy Spirit are also indwelt, gifted, and sealed by the same Spirit.

ARTICLE XII

We believe that this body of doctrine is not only our guideline for living, but is also our mandate of acting, knowing that any system acting contrary to the pure truth of Scripture will inevitably lead to emptiness, grief, and inhumane treatment of one's fellow man.



Expecting Miracles Volunteer Educator Application

Today's Date _____ Date of Birth (MM/DD/YYYY) _____

First Name _____ MI _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone (home) _____ Phone (cell) _____

E-mail address _____ Marital Status _____

Church you attend _____

Emergency Contact: _____ Relationship _____ Phone _____

If applicable... Number of Pregnancies: _____ Number of Births: _____ Number of Living Children: _____

Children's Ages & Names: _____

If you have given birth, please briefly describe your experience(s):

If you have children, please briefly describe your early parenting and breastfeeding experience(s):

Please describe your experience/training in childbirth, breastfeeding or parenting education:

Do you have any other experience/training in the pregnancy, birth, breastfeeding or parenting fields?



Volunteer Application Continued

How did you hear about the Expecting Miracles Program?

Why do you want to volunteer with the Expecting Miracles Program?

List any current and/or previous volunteer positions and your duties.

What do you believe are your spiritual gifts?

How did you come to faith in Jesus Christ?

How do you feel about sharing your faith in Jesus Christ?

What are your views on abortion? How did you come to these beliefs?

Tell us about any personal experience(s) you have had with abortion.

Do you agree wholeheartedly with the PRC's Statement of Principle & Articles of Faith? Yes or No
If no, please explain.



Volunteer References

The PRC will be submitting a reference request form to your references listed below. The request is postage paid, brief and concise. Full address information would be appreciated.

Pastoral Reference (either your senior pastor or a staff pastor that knows you)

Pastor's Name _____

Church Name _____

Church Address _____ City _____ Zip _____

Church Phone _____ E-mail _____

Personal References (please provide 2 references, no family please)

Reference 1 Name _____

Reference 1 Address _____

City _____ State _____ Zip _____

Nature of relationship _____ Phone _____

Reference 2 Name _____

Reference 2 Address _____

City _____ State _____ Zip _____

Nature of relationship _____ Phone _____