
	LiGHT Grant Application 2023	
	2023 LiGHT Grant Cover Form and Guidelines	

Name of individual, group or organization: Helping Hands

Contact name(s): Kylie Tomlin

Address: 111 E Dustman Rd suite B BWhffton, IN 46714

Phone number: 260-824-4263 Email Address: Kylie@helpinghandscpc.org

Name of the program as it would appear on the grant award: Helping Hands

childbirth Education

Describe who the grant award will serve and approximate number affected: This grant would help serve & educate expectant mothers. we are requesting funding to cover the cost of the Childbirth Education course, Educational Curriculum, & Incentive Gifts for parents. we are estimating 60 clients a year for this program which in return will affect the family unit.

Dollar amount requested: \$1,108

Would the program be offered if only a *partial* grant from LiGHT is made? yes

Summary paragraph of the grant award requested: Childbirth Educational classes will prepare

> May be utilized for part of the presentation.
expectant mothers for possible experiences involving labor & birth. Not knowing how to navigate this process creates a stress response in the mother which affects the infant secondhand, & results in the mother's focus during the labor & birth experience to be through a lens of fear, causing her body to experience heightened levels of pain, & the core memories to form as being a negative experience. Becoming educated in the phases of labor & potential scenarios, & how to progress through them with confidence prepares mothers for an unforgettable birthing experience in a proactive & positive way.

- Complete all requested items below:
- 1) This Cover Form
 - 2) Project Narrative, 1-5 pages typed, including:
 - What need in the Community will this program address? Give evidence to substantiate your request. (i.e., data, letters of recommendation, etc.)
 - What do you want to do?
 - What is your timeline?
 - What results do you expect?
 - If partnering with other organizations, please list.
 - Describe the program and tell how the funds from the grant will be used based on your budget
 - Signature page: To include endorsement of the project or program by the requesting agency's Board of Directors. This page must include a signature of the Board president.

3) Detailed budget

Project Narrative

Community Need

At Helping Hands, our goal is to help women overcome the challenges they face as expectant mothers, giving their first experiences in the forming of a family a positive beginning to build upon. Childbirth education provides women with a solid understanding of the birthing process, answering any questions they have, and allowing the opportunity to feel prepared and in control as they approach facing a number of possible scenarios that come with childbirth. Currently, Wells County has very limited OB care options.

“Birth is one of the most intense, life changing experiences a person can have. Birth is unpredictable, but knowing what options are available, understanding how the body works during labor and having an idea of what to expect from the whole process can make the experience much less scary.”¹ (The Bump, 2019) Expectant mothers should not be expected to learn answers to their own questions about labor and delivery from instructional videos. Material sourced online comes to you unfiltered and often full of misinformation. For this reason, contemplating the pros and cons of a childbirth education class is worth consideration.

Childbirth education classes are not a “must have” requirement to have a child(ren); you will give birth no matter what, but why do it un-informed? Even for parents who already have children, this process can be both overwhelming and joyful, but you only know what you’ve already experienced, and no two births guarantee the same experience. Offering a childbirth education class at Helping Hands would help prepare the expectant parents, build confidence, provide an opportunity to discuss fears and concerns, and build relationships that lead to further and ongoing support available to women and their families

¹ The Bump: <https://www.thebump.com/a/childbirth-classes>

through our other programs and services. ²The American Pregnancy Association states it best, “Childbirth classes help build your confidence in your body's ability to give birth. You can discuss your fears about labor and birth with the instructor and other couples with the same concerns.” With the nearest childbirth educational courses being offered 30-45 minutes away, this ensures the need in our community. Most of our clients do not have the resources to drive 30-45 minutes away for an OB appointment, let alone, childbirth educational courses.

What will be Done

Helping Hands will provide educational and relationship-based support to expectant mothers as they approach labor and delivery, whether they are a first-time mom or a delivery room veteran. Information is empowering, and the unknown creates unnecessary fear and worry.

Our goal through this grant is to provide staff member, Brittany Gerber, RN, virtual training provided through Childbirth Education CAPP (Childbirth and Post partum Professional Association). Through this Virtual 4-Day Course Objective, she will gain the tools needed to better equip expectant mothers.

Techniques such as prenatal exercises, progression of labor and birth, principles of adult education, and teaching strategies to enhance childbirth preparation classes for adolescents and siblings, are just a few methods included within this training. In turn, our nurse will be better equipped in providing expectant parents and families with course education regarding childbirth, answering questions that are already being naturally asked during our other offered pregnancy-related services, and putting the parents’ minds more at ease regarding what’s to come. Curriculum workbooks, and visual aids for course use, as well as handouts will be used and given to clients during prenatal and limited OB ultrasound visits. This information will be sourced through the website Plumtree Baby⁴. Plumtree Baby offers access to customizable resources for prenatal and early parenting education. This will allow us access to branded

² American Pregnancy: <https://americanpregnancy.org/labor-and-birth/childbirth-education-classes-70931>

information, necessary teaching essentials, and reading materials to prepare, support, and educate each expectant mother. We also offer a gift for the expectant mother as an incentive and gesture to help her feel supported during the pregnancy journey.

Timeline

At Helping Hands, Childbirth Education classes would be held on an as needed basis. There is no end-date to our offered programming, however, there is a restricted timeframe around the duration of the pregnancy. The funds provided by this grant would help us to provide educational information for each parent, as deemed relevant.

Expected Results

Our vision for bringing this educational tool to our community is not just to reach those who come to Helping Hands of their own accord. Our goal is for this program to become the program of choice through which professionals in the community rally together to connect with clients on a higher level.

In Wells County, access to educational resources for childbirth requires expectant mothers to travel outside of Wells County to obtain. Our expected result through receiving this grant is to offer classes at Helping Hands, making this type of education immediately accessible and in conjunction with pregnancy-related services already available and being utilized through our center. Childbirth educational classes will provide mothers a safe space where they will be able to address their fears, connect with their partner, discuss options for handling pain, and demystify the process of labor, delivery, and the postpartum process. We can better ensure women receive knowledgeable information versus potentially receiving false information online, and therefore being better prepared in making informed decisions throughout the labor and delivery process.

Other Partnerships

Currently, no other organizations are helping us reach this goal.

Program Description and Fund Usage

CAPPA course	4-Day Course Virtual training/Membership	\$850
	Required Reading Material	\$108
	Client Incentive Gift (50)	\$150
		Total Request: 1,108

References

1. Anna Davies (2019). Your Comprehensive Guide to Childbirth Classes. The Bump Retrieved from <https://www.thebump.com/a/childbirth-classes>
2. American Pregnancy Association (2012). Childbirth Education Classes. <https://americanpregnancy.org/labor-and-birth/childbirth-education-classes-70931>
3. Academy of Certified Birth Educators; ACBE. www.acbe.com/BABE
4. Plumtree Baby. www.plumtreebaby.com

Endorsement

Applicants Signature: Kylie Tomlin

Board President Signature: Gayla Gerber