

The Coming of the Blessing® was developed by the March of Dimes American Indian/Alaska Native Women's Committee. We are forever grateful for their thoughtful, spiritual, creative and dedicated work. Committee members are listed below:

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The Coming of the Blessing® is a March of Dimes initiative for American Indian and Alaska Native families. We provide prenatal education, training and resources that encourage women to include traditional beliefs, lessons from their ancestors and their partners in their circle of support during pregnancy. This circle of support can help women make healthy choices for themselves and their babies.



The Coming of the Blessing® - A Pathway to a Healthy Pregnancy

The Coming of the Blessing® offers resources to healthcare professionals reaching American Indian and Alaska Native families:

- **BOOKLET** that uses the symbol of the Medicine Wheel to guide families through the cycle of childbearing.
- **POSTER** with positive prenatal messages.
- **PRENATAL CURRICULUM** that embraces the beliefs of American Indian and Alaska Native families.
- **TRAINING** on how to use *The Coming of the Blessing®* resources.
- **EVALUATION TOOLS** to measure a positive impact on family health & well-being.

Prenatal education sessions, a key element of *The Coming of the Blessing®*, are designed for pregnant women to:

- Learn about healthy pregnancy;
- Experience support for traditions, beliefs and culture that impact pregnancy;
- Overcome barriers to care; and
- Become informed consumers of prenatal care services.

Components of Each Session:

Learning objectives—what women will know by the end of the session.

Key messages—minimum knowledge that women will take away from the session.

Special notes—help the facilitator prepare for the session.

Background—basic information on the session topic.

Lesson Plan—adaptable for needs and culture.

Handouts—reproducible and reinforce key messages.



PRENATAL EDUCATION CURRICULUM

The curriculum used with *The Coming of the Blessing®* includes the following sessions:

You & Your Pregnancy

Prenatal Care

Eating Healthy During Pregnancy

Stress During Pregnancy

Things to Avoid During Pregnancy

The Big Day: Labor & Delivery

Caring for Your Baby

Postpartum Care

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