



MammaPrimitiva

Traditional Midwifery Program

# Program Brochure

## The Wisdom of the Thirteen Moons

This Self-Study, online, thirteen class program is created to help birth workers work with their senses instead of pharmaceuticals and ultrasounds. This program is also part of the curriculum for those that are taking oral exams to become traditional midwives / indigenous practitioners.

100% of proceeds for this program goes to support MammaPrimitiva birth  
work world-wide.

Offered by

# MammaPrimitiva VA

Traditional Midwifery Program

**The Wisdom of the Thirteen Moons** was created to help midwives that are already working and those aspiring to become midwives to learn traditional ways of working with natural modalities instead of working with pharmaceutical drugs and ultrasounds in birth.

The Thirteen Moons Series is specifically for dealing with many situations that experienced midwives face and give a more traditional approach to dealing with them. Dealing with the overall health of the pregnant woman, baby and family as we continue to carry the knowledge and exercise our self-determination to protect our rites/ rights.

Greater work with specific herbs and moxa burning and identification of a deeper knowledge of prevention with hot/cold are included. Chinese medicinal approaches are taught at a deeper level. Working without ultrasound and more effective monitoring of mother and baby are taught. These are just some of the classes offered.

My hope is to keep this series updated and broaden the knowledge to make us stronger midwives. As we show respect to the thirteen moons that guide us each year, we return to some of the traditional ways that have always been giving us light and always been honored and respected throughout history.

## Mission Statement:

To preserve Traditional Midwives/Birth Workers/ Indigenous Practitioners that continue to use ancestral wisdom preserving food, land and cultural sovereignty. Each woman and family have a central role in all aspects of her ceremony of birth and relevant, diverse healthcare options throughout life. Ultrasound and legend drugs are not used, we do not compromise.

Our courses are taught and primarily lead by our ancestors and Granny Midwives who instructed Clare to teach. She has spent over 50 years as an indigenous practitioner/traditional midwife, never using legend drugs or ultrasound, just as her mentors worked.

## Contributors

The MammaPrimitiva Council, many mothers/ families/ students also share their stories in this program. Grateful for all who have been decolonized and become empowered, sharing their stories in this educational program.

## The Wisdom of the Thirteen Moons Session Contents

1. Granny Midwives / Routes of entry for all Midwives
2. Working with Transverse Births/Nourishing Yin
3. Nutrition for Pregnancy/Life/Gardens
4. Prevention/Dealing with Bleeds, Chinese Medicine/Moxa
5. Vaccinations: Effects on Babies/Antibiotics or Probiotics
6. Tear Prevention, Including after 2 or 3rd Degree Tears
7. External Palpation Technique for Dilation/Massage/ Pelvic Floor and Psoas/Iliacus Muscles /Limiting Pelvic Exams
8. Working with a Holistic Approach with Twin Births/Breech/ Brow/Face
9. Working with the Connection of Baby/Nature/Drum beat/ mom/Cord Burning/Lotus Birth/Birth Plan/Knowing your rights
10. Chinese Medicine for Perinatal Period/Resuscitation/Du Mai/ Ren Mai
11. Transporting a Baby to the Hospital & Our work there
12. Non Surgical Repair of Prolapsed Uterus
13. Postpartum Work/Moxa/Massage/Exercises/ Soups & Teas in the Perinatal period



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# Session Contents (1 of 3)

Course Descriptions for Sessions 1 - 5

## **Session#1: GRANNY MIDWIVES / ROUTES OF ENTRY FOR ALL MIDWIVES**

*This session shares Granny Midwives / Cultural Practitioners stories and their histories. The history of U.S. MERA licensure, sovereignty, and indigenouness rites / many traditional practices we use in the reproductive period.*

## **Session#2: WORKING WITH TRANSVERSE BIRTHS, NOURISHING YIN, & UNIQUE BIRTHS**

*Replenishing yin in the pregnant mother strengthens, grounds, nurtures, and calms her, thus effects the change of position that the child will then take now that his/her mom is in the parasympathetic state of love instead of the sympathetic state of war. Decolonization and breaking trauma bonding, exercises and visualizations / positive vibes.*

## **Session#3: NUTRITION FOR PREGNANCY/LIFE**

*An overview of the dramatic changes in modern nutrition and diet due to the industrialization of food production and how to reduce and avoid consumption of industrialized foods which is of utmost importance in the childbearing and breastfeeding years.*

## **Session#4: PREVENTION/DEALING WITH BLEEDS, CHINESE MEDICINE/MOXA**

*Constitutional predisposition to bleeding is discussed and taught. Nutritional, herbal and environmental factors to reduce this risk are taught. Specific intervention pertaining to bleeding is taught.*

## **Session#5: VACCINATIONS: MIDWIVES TRAVELING TO 3RD WORLD, EFFECTS ON BABIES**

*Midwives will recognize the preponderance of disease in the third world and how many do not have vaccination available. They will review standards of health behaviors that can reduce potential exposure to common third world disease. Exposure of vaccinations on babies will be discussed so midwives be will be more knowledgeable in the education of parents to make choices concerning \ vaccination, antibiotics or probiotics, herbal medicine, and to make educated discussions on travel prophylaxis.*

Information & Registration Online at: [www.MammaPrimitiva.com](http://www.MammaPrimitiva.com)



# Session Contents (2 of 3)

Course Descriptions for Sessions 6 - 10

## **Session#6: TEAR PREVENTION, INCLUDING AFTER 2 OR 3RD DEGREE TEARS**

*Dispelling the concerns that after a tear or episiotomy a woman is more likely to tear again; replacing these myths with proper breathing, nutrition and visualization that enables the mom to be in control of herself as her baby pushes his/her body through the mother with the assistance of the mother and midwife. Working with the breath, proper position of the mother and emotional control. Nutritional eating habits are discussed. An interview with a mom who had had a third degree tear previously and no tearing on the next birth is part of this session.*

## **Session#7: EXTERNAL PALPATION TECHNIQUE FOR DILATION/MASSAGE/PELVIC FLOOR & PSOAS/ILIACUS MUSCLES /LIMITING PELVIC EXAMS**

*Knowledge of the baby's boney structure, the mothers pelvic anatomy and the relationship of the two is stressed in this session. There are hands on sessions that are taped that will show how the midwife can start to understand their ability to palpate the baby's descent along with learning dilation of the cervix by identifying psoas and iliacus muscles expansion.*

## **Session#8: WORKING WITH A HOLISTIC APPROACH WITH TWIN / BREECH / ACYCLITIC / POSTERIOR / BROW / FACE BIRTHS**

*Prevention and preparation for a normal delivery at home with twins. Dietary, emotional, herbal preparation prenatally, during the birth and postnatally are discussed. Thorough herbal and dietary preventive care is given and explained through multidisciplinary approaches. A great interview with a twin mom and midwife.*

## **Session#9: WORKING WITH THE CONNECTION OF BABY AND NATURE FOR BIRTH PREPARATION / ASSISTING ELDER (BABY) / IMPORTANCE OF KEEPING CORD CONNECTED / BURNING CORD / LOTUS BIRTH**

*Working with the baby's birthing ceremony is the important concept during this session. Realizing the movement of the baby and the intention that both the baby and the placenta have in this process. Connecting this natural process of birth to nature and the working of the two together is taught.*

## **Session#10: CHINESE MEDICINE / DU MAI / REN MAI / CHAKRAS / TRADITIONAL RESUSCITATION**

*Chinese Medicine has many contributions to help birth workers prevent bleeds/coldness in the body/build spleen chi/ works with Du Mai/Ren Mai in Traditional Resuscitation, and many unique situations that arise in the Reproductive Period which also includes the perinatal period.*

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# Session Contents (3 of 3)

Course Descriptions for Sessions 11 - 15

## **Session#11: TRANSPORTING A BABY TO THE HOSPITAL / OUR WORK THERE**

*This session will be taught in a multidisciplinary approach of what to do and expect when you have to transport a newborn or young baby to the hospital. What tests will be done, reasons for them and effects on the child. A very informative session seen through the eyes of three practitioners coming from different modalities. This session is to help you as a midwife decide on your role as a helper, supporter and educator for the parents and baby.*

## **Session#12: NON SURGICAL REPAIR OF PROLAPSED UTERUS**

*Healing prolapsed pelvic floor walls, including cystoceles and rectoceles through natural modalities that include physical exercises, Chinese herbal medicines, yoga techniques and diet are a few of the modalities that will be taught in this extensive workshop to heal prolapse without surgery.*

## **Session#13: POSTPARTUM WORK / MOXA / MASSAGE / EXERCISES / SOUPS & TEAS**

*Learning the importance of traditional healing techniques incorporated with exercise and diet are included in this session on postpartum recovery. This session will also cover herbal medicines that should be taken in teas, vitamins and "chinese" soups. Breastfeeding, bonding and care of the baby are included.*

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# Objectives & Outcomes (1 of 6)

Measurable Behavioral Objectives and/or Learning Outcomes

Sessions 1 - 3

## Session 1 Learning Objectives: GRANNY MIDWIFE / ROUTES OF ENTRY FOR ALL MIDWIVES

Midwife will be inspiration to work with her hands and “sweet words” as Ms. Margaret did, just a deep inspiration on many levels of midwifery. The history of granny midwives and where it came from will be shared in this session. Bringing more traditional methods that were passed down into the “modern” midwife and the know how to incorporate this knowledge into your practice. Learners will summarize what Ms. Margaret’s words meant to you and how you can incorporate them into your practice.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- List the ways that you have been inspired by listening to Ms. Margaret in regard to the low economic community that she worked with and yet the success she had. Ms. Margaret’s modalities of birthing are a treasure that all midwives would be honored to listen to.
- Compare the different ways that you would work with birth in two situations that are different than her way. Explain why this is.
- Describe what feelings you get about Motherwit after listening to Ms. Margaret.

## Session 2 Learning Objectives: WORKING WITH TRANSVERSE BIRTHS & NOURISHING YIN

Midwife will help the birthing woman to learn to nurture herself with “yin” modalities, massage, community, family, relaxation and sleep for example. Acupuncture treatments and correct eating and exercise habits are also examples.

### Students Will Learn:

1. Describe approaches of replenishing the yin.
2. List four things that Heather did to replenish her yin so her baby would turn from transverse to ROA.
3. Analyze the feelings you think the baby had and what enabled the baby to make the turn.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Use a case study of a birth you have had (or create one) where you could apply this knowledge to turn a transverse baby. List at least six ways of replenishing her “yin” to enable success of this process.

## Session 3 Learning Objectives: NUTRITION FOR PREGNANCY/LIFE

Provide prospective mothers with locations and times of local farmer’s markets or other local community agricultural resources. Increase emphasis on nutrition in the midwife’s practice resulting with improved health for mother and child.

### Students Will Learn:

1. Describe concepts of the importance of whole food.
2. Describe the risks of modern industrialized foods.
3. List the effects that simple carbohydrates have on the immune function and inflammatory process.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Knowing as midwife that foods the mom eats are vitally important to the baby, write a diet diary for one day of eating for each trimester.



# Objectives & Outcomes (2 of 6)

Measurable Behavioral Objectives and/or Learning Outcomes

Sessions 4 - 5

## Session 4 Learning Objectives: PREVENTION/DEALING WITH BLEEDS, CHINESE MEDICINE/MOXA

Midwife will be able to do basic Chinese medicine concepts to assess risk of maternal bleeding and utilize preventive and therapeutic measures.

- A. Assess women who are predisposed to bleeding.
- B. Knowledge of concepts for preventing bleeding in these women.
- C. Treatments for those women experiencing bleeding.

### Students Will Learn:

1. List the acupuncture points that are used with moxa and where they are in the body with relation to stopping bleeding.
2. Describe the concept of hot/cold (yin/yang) and the impact that has on bleeding in the immediate postpartum period and postnatal period.
3. List ways that "cold" is introduced into birth if women are not aware?

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Describe a woman who is in transition and how you would keep her yang energy filled and the effects that will have on the outcome.
- If "coldness comes into her, where in the body would that appear?
- How would you be sure that this would not happen again?

## Session 5 Learning Objectives: VACCINATIONS: MIDWIVES TRAVELING TO 3RD WORLD, EFFECTS ON BABIES

Midwives will recognize the preponderance of disease in the third world and how many do not have vaccination available.

### Students Will Learn:

1. Provide an overview of a naturally acquired immunity and that acquired through vaccinations?
2. What role does the adjuvant aluminum hydroxide play in the acquisition of immunity acquired through vaccinations.
3. Describe the risks and benefits of hepatitis B vaccination for children born to hep B positive mothers.
4. Discussion of the influences of vaccinations on the different branches of the immune system as well as a discussion of third world travel concerns.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- If you were to travel to a third world clinic to work, what would you do as far as prevention and dealing with contact with diseases that were discussed in this session?
- What do you suggest to birthing parents of a Hep B positive mom in regards to the baby?

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# Objectives & Outcomes (3 of 6)

Measurable Behavioral Objectives and/or Learning Outcomes

Sessions 6 - 7

## Session 6 Learning Objectives: TEAR PREVENTION, INCLUDING AFTER 2 OR 3RD DEGREE TEARS

Midwife will be able to assure herself and the mother that scars stretch and her perineum can stay intact after birth. She will be able to help her create a visualization, proper nutrition and breath techniques to prepare herself with for her successful birth.

### Students Will Learn:

1. List ways to work with the proper breathing techniques to bring oxygenated blood to the muscles.
2. Describe the positions the pelvis can be in to best facilitate maximum opening of the pelvic floor.
3. List four things that Courtney did to avoid any tearing with her second child (9 pounds) after a third degree tear two years prior with a baby who was less than seven pounds after having been given an episiotomy the first time.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Midwives will be able to create a birth scenario where you are helping a mother who had previously had a second degree tear and you will help her birth her baby with her perineum intact.

## Session 7 Learning Objectives: EXTERNAL PALPATION TECHNIQUE FOR DILATION / MASSAGE / PELVIC FLOOR & PSOAS/ILIACUS MUSCLES / LIMITING PELVIC EXAMS

Midwife will be able to identify the relationship of dilation of the cervix to the bony structure of the pelvis. Midwife will be able to identify the relationship of the dilation of the cervix to the muscles surrounding the bony structure. Midwife will be able to identify the baby's position moving from ROA or LOA to OA using also the Psoas and Iliacus muscles in assessment.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Design a series of exercises that you can teach a woman to keep her pelvic floor strong.
- Compare using internal exams and this method of checking with muscles from the outside on the effect it would have on a woman that is not comfortable with internal exams.
- List muscles that you will be learning to identify and feel to use this method of checking dilation.

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# Objectives & Outcomes (4 of 6)

Measurable Behavioral Objectives and/or Learning Outcomes

Sessions 8 - 10

## Session 8 Learning Objectives: WORKING WITH A HOLISTIC APPROACH WITH TWIN BIRTHS

Midwife will walk away with a different comfort of understanding the causes of bleeding and prevention when it comes to twin births. Midwife will understand on a deeper level the emotional aspects of a woman's preparation for twin delivery and how she helps each woman get to that place.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- List the herbs that were used immediately after the birth to ensure minimal bleeding.
- Summarize what you learned in the relationship of hot/cold with regard to kamala's birth.
- Write four things that Kamala did to rid herself of her fears for her birth of her twins.

## Session 9 Learning Objectives: WORKING WITH THE CONNECTION OF BABY AND NATURE FOR BIRTH PREPARATION

Midwife will evaluate and incorporate processes in nature to the similar natural process of birth. Midwife will understand better the concepts of the effects of hormones in the birthing process and differentiate the natural and synthetic hormonal effects. Midwife will deepen her knowledge of the baby's role in birth as the "leader" of the birth process, the baby birthing through the mother.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Describe the difference between pitocin and oxytocin, even though they are said to be the same molecule.
- List the ways that you are or are not in control of your birth experience if you are working with the natural induction of oxytocin.
- List at least four advantages that a mother uses when she works with the natural forces of the baby and how this ripples down to a healthier mother and baby.

## Session 10 Learning Objectives: CHINESE MEDICINE FOR THE PERINATAL PERIOD

Student Objectives are to describe and utilize the fundamental concepts of yin and yang as it relates to pregnancy, describe the acupressure point location and use as it relates to morning sickness. describe steps used to prevent the deleterious effect of "cold" during labor and delivery.

### Students Will Learn:

1. Midwives will learn fundamental concepts relating to the impact of nutrition on health, biochemistry and physiology.
2. The relationship between nutrition and common modern diseases.
3. A different perspective on the meaning of balanced diet.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Chinese medicine and their relationship to yin/yang.
- The five elements and their mother/sun relationship.
- Description, identification and application of acupuncture points relevant to morning sickness.
- Describe a woman who is in transition and how you would keep her yang energy filled and the effects that will have on the outcome.
- If "coldness" comes into her, where in the body would that appear?
- How would you be sure that this would not happen again?



# Objectives & Outcomes (5 of 6)

Measurable Behavioral Objectives and/or Learning Outcomes

Sessions 11 - 13

## Session 11 Learning Objectives: TRANSPORTING A BABY TO THE HOSPITAL / OUR ROLE THERE

- Procedures and tests that may be done on a baby when you are transporting a newborn.
- Ways that you can work with your local hospital to help in a better working relationship with staff for the long premie baby
- Ways that you can make the transition from home to hospital though the ER more smoothly. Describe the most constitutional predisposition to postpartum bleeding and how to prevent it.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Describe the local hospital that you would transport to and what changes you have helped to make or could now help to make so that the transport would go safer and smoother for the baby, mom and society.
- List routine tests that a baby would have as they are assessed in the ER and for what reasons.
- Describe what tests you think you would encourage the family to have and and what tests you would question as the baby is admitted through the ER. What questions would you ask? (remembering that when you consider taking a test you ask yourself, what information would I get and what would I do with this information.

## Session 12 Learning Objectives: NON SURGICAL REPAIR OF PROLAPSED UTERUS

- Midwife will learn the importance of the correct exercises that she does with the women she works with.
- Midwife will learn Chinese herbs and dietary recommendations to keep a woman from prolapsed uterus or prevention of it happening.
- Midwife will describe and analyze two ways that were taught to check pelvic floor muscles, one using a machine and your finger.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- List in detail exercises (include correct pelvic floor elevator muscle exercise as one using at least two examples of when you would be doing them).
- List three modalities of healing that Dr. Joe uses for “toning and uplifting”.
- Midwife will acquire the knowledge for checking muscles.

## Session 13 Learning Objectives: POSTPARTUM WORK/MOXA/MASSAGE/EXERCISES/SOUPS & TEAS

- The importance of Ming Men will be discussed as the “gateway to the uterus”.
- Concepts of hot/cold in the healing process of the mother during the postpartum care for physical, emotional and spiritual well being.
- Exercises that can begin with the mother in bed during the first few days postpartum along with the rest of the postpartum time (6 wks) will be shown and taught.

Describe how the speaker will assess whether the learners have met the objectives of the session.

- Describe the location of postpartum moxa treatment and name of this location. Describe the importance of this location for the birth and postpartum period.
- List the difference that is done with postpartum massage versus the massage given prenatally and the effect it has on the mothers’ body.
- What exercises are done immediately after postpartum and compare them to the exercises that are started at 6 weeks