



Prenatal

INTERNATIONAL

IMPROVING PREGNANCY AND CHILDBIRTH FOR EVERYONE



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Prenatal International provides training and support to yoga instructors, doulas, midwives, and other health professionals in communities where birth outcomes are affected by high stress, lack of childbirth education, poor availability or proximity to healthcare resources, discrimination, lack of exercise, or unhealthy lifestyles.

This training and support is also designed to provide career opportunities to people in these communities so that pregnant, postpartum, and birthing people receive services provided by people who share similar culture, history, and community.

Every person should have access to information and techniques that will help them have safe, healthy pregnancies. They should be given the opportunity to thrive emotionally and physically during this transformational time in their lives.

Prenatal International is a 501(c)(3) nonprofit organization. Tax ID: 88-3060813

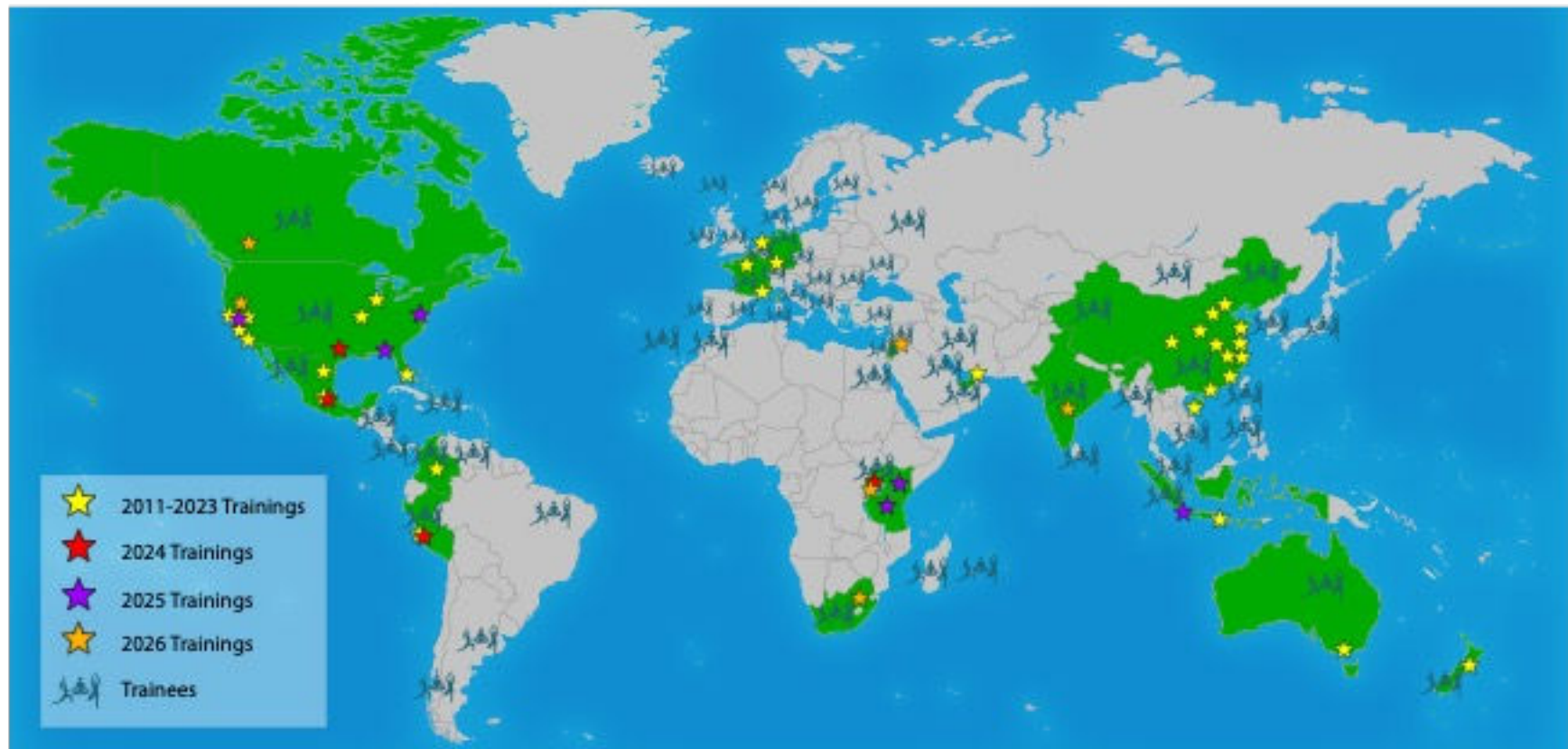
Prenatal International's founder is a recognized expert in this field and has delivered prenatal and postpartum services, globally, for more than twenty five years.



Jennifer More
Executive Director

- Began career as a hypnotherapist and yoga teacher specializing in pain management and stress reduction
- After the birth of her daughter she became solely focused on preparing women for childbirth, combining her skills as a yoga teacher, hypnotherapist, and doula
- Instructor at the Palo Alto School of Hypnotherapy specializing in childbirth and pain management
- Opened yoga studio in 2002 , Dolphin Yoga & Doula Center, where she pioneered a form of prenatal yoga called Prenatal Vinyasa Yoga
- Created a best selling prenatal yoga DVD series, recognized in the New York Times and other publications
- Began a training program to train yoga teachers in prenatal yoga and her specialized doula program
- Has attended more than 500 births, spending more than 10,000 hours with families as their doula. She has seen first hand the benefits of prenatal yoga and stress management for moms-to-be
- Trained thousands of people worldwide as prenatal yoga teachers and doulas
- Jennifer is recognized internationally as an expert in her field, and conducts trainings worldwide. She has trained students from more than 50 countries in her unique prenatal yoga and doula style

Jennifer has conducted prenatal yoga teacher trainings and doula trainings in many countries, training a wide variety of students including: yoga instructors, doulas, doctors, nurses, midwives, childbirth professionals, pregnant and postpartum people.



Many places in the world face extremely high maternal and infant mortality rates, epidemic levels of perinatal depression, and cesarean rates well above the guidelines set by the World Health Organization.

Pregnancy, birth and postpartum stress/trauma has been shown to have serious negative impacts on early childhood development.

Numerous scientific studies have shown that prenatal yoga and mindfulness training reduce maternal mortality and complications associated with pregnancy and birth that can impact the mother and child for many years.

Focusing on mental and physical health before, during and after childbirth will have profound effects on the birthing person and on the children they are bringing into the world.

Prenatal International provides access to prenatal yoga, doulas, education, and resources in the most underserved communities in the world.

Identifying the need: The effects of stress during pregnancy The Mother

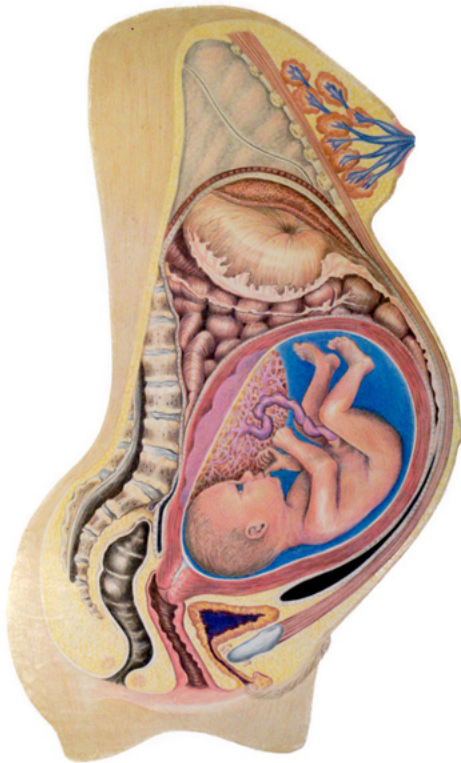


Studies suggest that prenatal stress increases the risk of adverse pregnancy outcomes by disrupting adaptations in the maternal immune, endocrine and nervous systems that support healthy pregnancy. This can result in compromising the health of mother and baby.

Here are just a few pregnancy and birth complications we see with increased prenatal stress:

- Preterm Labor
- Preterm delivery
- Low infant birth weight
- Pre-eclampsia and other hypertensive conditions
- Gestational diabetes

Identifying the need: The effects of stress during pregnancy The Child



Research confirms that high stress in pregnancy can lead to:

- An increased risk of adverse birth outcomes associated with developmental and health consequences
- Perinatal depression, which can have a negative effect on the interaction of the mother with her infant and/or affect the quality of postnatal care
- Direct effects on infant health by altering the course of fetal neurobiological development
- Long lasting effects on behavior and physiology
- Lasting changes in the morphology of the amygdala and hippocampus in infants.

Prenatal Mindfulness Program Improves Stress Response in Infants

UCSF Study Adds Support for Two-Generation Treatment Approach

By Jess Berghel

Infants whose mothers participated in a mindfulness-based program during pregnancy had healthier stress responses at 6 months old, a new UC San Francisco study found.

This is the first known study to show that a prenatal social intervention may improve health outcomes in offspring, as measured by autonomic nervous system responses, said [Amanda Noroña-Zhou, PhD](#), first author of the study in Psychosomatic Medicine.

"It is really well established that maternal stress in pregnancy increases the risk for health problems in the children," said Noroña-Zhou, PhD, a clinical psychologist affiliated with [UCSF's Center for Health and Community](#). "But we haven't had a good understanding of how this process unfolds



Maternal Stress During Pregnancy Linked to Infant Illness

By Steve Tokar

Greater maternal stress during pregnancy is linked with significant increases in the number and variety of infant illness during the first year of life, independent of the level of stress after birth, according to a study led by researchers at UC San Francisco.

The study, published Aug. 19, 2020, in the *Journal of Pediatrics*, looked at the link between infant health and maternal stress levels before and after pregnancy. It also examined how race, ethnicity, and socioeconomic status affected the results.



Stress in Pregnancy Linked to Changes in Infant's Nervous System, Less Smiling, Less Resilience

UCSF Study Shows Illness, Relationship Difficulties, Money Struggles May Take Future Toll

By Suzanne Leigh

Maternal stress during the second trimester of pregnancy may influence the nervous system of the developing child, both before and after birth, and may have subtle effects on temperament, resulting in less smiling and engagement, as well as diminished ability to regulate emotions.

In a study led by UC San Francisco, researchers looked at the stress levels of 151 low-to-middle-income women who were between 12



Identifying the need: Maternal Mortality

Many places in the world face extremely high maternal and infant mortality rates, epidemic levels of perinatal depression, and cesarean rates well above the guidelines set by the World Health Organization. Those places include not only the poorest third world countries in Africa and Southeast Asia, but underserved communities in the United States, especially black communities.

Some of the main reasons that rates are so high in the US are obesity, high blood pressure, racism, and high cesarean rates.

According to the World Health Organization the **U.S. ranks 55th in the world** for maternal mortality, the worst among all developed countries, with a maternal mortality rate of **23.8 (deaths per 100,000 live births)**. The non-Hispanic white maternal mortality rate is 19.1 compared to a black maternal mortality rate of **55.3**.

There are also big discrepancies among states, with California having the lowest maternal mortality rates (4.0) and Louisiana having the highest (58.1). But even in California the **maternal mortality rate for black women is up to 6 times higher** than for non-Hispanic white women regardless of income.

Identifying the need: The effects of stress during pregnancy The Mother & Child

When pregnant people have elevated stress, they have a rise in stress hormones like cortisol:

- These hormones impact the nervous system of the mother causing an inflammatory response
- These stress hormones are **transferred to the fetus via the placenta**
- They affect the brain glands and the baby's cortisol levels and can influence the actual tissue development in the brain and also the DNA .

These hormones don't change the actual DNA but can suppress parts of it and promote other parts that can increase the likelihood of affecting brain development leading to:

- Learning disabilities
- Slower cognitive and motor development
- Mood disorders and behavioral issues.
- Stress reactivity of infants...which has been linked to emotional temperament later in life
- Slower infant growth
- Low birth weight & preterm birth
- Mental disorders



DNA methylation

Finding solutions: Prenatal Yoga research



Introducing prenatal yoga leads to:



Better Prenatal Health & Wellbeing

- Decreased rates of mortality for both babies and mothers
- Reduction of hypertension-related complications
- Decrease in gestational diabetes



Better Mental Health & Wellbeing

- Decreased cortisol and other stress hormones
- Decreased depression
- Increased self-efficacy



Greater Fetal Health & Wellbeing

- Improved fetal outcomes
- Decreased risk of Intrauterine Growth Restriction in babies
- Lowering fetal stress hormones

Finding solutions: Prenatal Yoga research



Introducing prenatal yoga leads to:



Improved Physical Health & Wellbeing

- Increased immunity
- Increased comfort
- Reduced pain in labor



Enhanced Childbirth Experiences

- Decreased need for cesarean birth
- Decreased length of labor
- Decreased need for labor induction
- Decreased risk of preterm labor



Greater Enjoyment of Pregnancy

- Increased strength and flexibility
- Improved sleep
- Decreased pregnancy related discomforts such as back pain, pelvic pain, headaches, and nausea

Finding solutions: The effects of Prenatal Yoga on Early Childhood Development



Since yoga and doula services have well documented positive influences on stress reduction and teach life skills for dealing with stress and trauma we can have major impacts on reducing generational trauma and increasing positive gene expression that can impact multiple generations.

Finding solutions:

The effects of Prenatal Yoga on Early Childhood Development

Some of the most significant outcomes from implementing a regular practice of prenatal yoga are:

Practicing nervous system regulation so it becomes easily accessible

When a mother can regulate her nervous system:

- She is able to handle stress and major life changes like becoming a parent more effectively
- The more she practices the more she will make changes in her own brain (neuroplasticity)
- Less stress hormones flow through the placenta to the baby
- She can influence the baby's nervous system- Babies are not able to regulate their stress levels themselves that's why we have to rock them.

Finding solutions:

The effects of Prenatal Yoga on Early Childhood Development

The mother's ability to regulate her nervous system benefits the baby in the following ways:

Influences gene regulation

- This leads to fewer behavioral issues
- Fewer learning disabilities
- Better mental health for children
- Improves cognitive and motor development
- Reduces the chances for mood disorders and behavioral issues.
- Improves stress reactivity of infants...which has been linked to emotional temperament later in life
- Improves infant growth
- Decreases chances for low birth weight & preterm birth
- Increase resilience and ability to regulate their nervous systems

Program Services

Prenatal International will offer the following program services:

- Prenatal yoga training
- Doula training
- Women's workshop series including: Yoga and the Menstrual Cycle, Preparing for Pregnancy, Yoga for Menopause and Beyond, and Postnatal Recovery.
- Ongoing prenatal international team training
- Online community resource center
- Digital content creation
- Continuing education workshops (CEUs)
- Specialty trainings including: breastfeeding support, postpartum mental health, Rebozo techniques, pelvic floor health, and fetal positioning

Prenatal International's program services range in cost from 5k - 50k depending on which service we provide and where in the world the programs occur. For a detailed cost breakdown, contact us at info@prenatalinternational.org and we will happily discuss our options and how we can support your vision.

Prenatal International Approach

Prenatal International's success lies in our partnerships. We forge relationships with local non profits to help us identify areas of greatest need. Additionally, every area we work in will be supported by local ambassadors who share a cultural connection with these communities.

Ambassadors



Nakimu Aliziki
Entebbe, Uganda



Lebogang Monageng-Goad
Utah & South Africa



Alejandra Vargas Chapa
Monterrey, Mexico



Erna Nena
Bandung, Indonesia



Faezeh Asadi
Ontario & Iran



Gabriela Sologuren
Lima, Peru



Love Talita Akana
Dallas, Texas



Chen Baifan
China



Julia Lewentz
Cologne, Germany











