

# CURRICULUM OUTLINE FOR DOULAS IN OUR FATHERS AND PARTNERS, AND FAMILY

**1) Introduction: "Fathers/Partners: Islamic Roles in Birth Support"**

**2) Ilm: knowledge about birthing bodies**

**3) Tying our camel: Practical support for financing and preparing for childbirth**

**4) "Navigating Medical Racism with Sabr and Strategic Action"**

**5) "Islamic Birth Rights: Consent (Rida) and Privacy (Haya)" / "Legal Rights in the Birthing Space"**

**6) "Dua, Dhikr, and Coping with Labor Pain"**

**7) "Grief and Loss: Islamic Approaches to Healing"**

**8) "Postpartum: 40 Days of Prophetic Care"**

**9) Community Care (Ummah Responsibility) in Birth Justice"**