

## ***Handmaidens (13-17 year olds)***

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Handmaidens are important to CHAM and the students enrolled as Handmaidens are the next generation of Doulas and Midwives. CHAM encourages young ladies 13-17 years old to:

- Attend appropriate Skills Classes
- Volunteer as Mother's Helper during Midwifery Skills Class
- Mentor with Doula/Midwife student

Through each of these activities, the Handmaiden will learn what is required to become a Doula or Midwife and the Biblical philosophies of CHAM.

By the first Skills Class the Handmaiden will receive:

- Outline of what skills classes they may attend
- Reading recommendations:
  - o Appropriate for age
  - o Preparation for Doula/Midwife
  - o Biblical books on child birth,
  - o Science books (Anatomy and physiology, etc.)
- Volunteer needs of CHAM

By the first Skills Class, CHAM must have on record a Parental Waiver for each Handmaiden to participate in Skills Classes and other CHAM events.