

Human Values and the 3 H's

Just as birth is instinctive and that all women are born with the knowledge about how to give birth, so we can also trust that being heart-centered during parenting, postpartum doula work, and life in general, will always help us make the right decisions in any circumstance. The best way to put this into practice is through the 3 H's which you can also teach to your new parents. In the first weeks at home with a new baby, the mother is recovering from birth, and also getting to know her baby. It is a time filled with uncertainty.



The 3 H's stand for Head, Heart, and Hands. This means that whenever a thought comes and a decision needs to be made, remember to take it first to your heart and only then to your hands where action will be carried out. This way all your actions, instead of coming straight from the subconscious, will be governed by love generated through the heart and we can trust that these decisions will always be right for any given moment in time. The end result of this practice is more calm and connection, better sleep, and improved health.

The Practice of Human Values

The practice of human values allows us to provide our clients with the type of support they deserve as they navigate life with a new baby or babies. When we practice human values during the postpartum period we facilitate a safe space for learning, healing and growing. In this safe space, families are able to explore their parenting options, bond, and build confidence in their new roles. The practice of human values also ensures a high standard of care for the new babies.

This chart shows what the practice of human values looks like in postpartum doula care:

	Mom	Baby	Family
Truth	Helping new mothers to trust their instincts. Providing evidenced based information regarding healing and parenting.	Baby is born with an innate fetal agenda to be close to his mother. Using evidenced based practices when providing infant care.	Supporting the family as a whole with evidenced based information regarding adjustment to life with a new baby.
Right Action	Using professional manners, tact, and respect during visits. Providing dependable	Treating baby with love and respect during infant care. Being responsive to	Providing caring support for partners and siblings. Offering assistance in

	and efficient support. Being kind and helpful in the home.	baby's cries.	household organization when possible.
Peace	Bringing a calm presence when entering the home. Being patient. Acting with humility.	Remaining calm while soothing baby Creating a safe and soothing environment	Bringing happiness and optimism when entering the home. Modeling calmness and patience when caring for the infant, siblings or mom.
Love	Showing compassion, care and support when teaching or modeling infant care. Empathy and care when listening to her birth story. Being considerate of feelings during interactions.	Showing gentleness in infant care. Being understanding of the transition baby goes through after leaving the comfort of the womb.	Being friendly and caring as you support the home. Be considerate of the many adjustments that occur in a family when a new baby is born.
Nonviolence	Using extra care when providing physical support to a healing mom. Using kind words and a caring attitude.	Practicing gentleness and tenderness while caring for the baby. Being conscious of over stimulating the baby. Using a calm tone in their presence.	Being respectful of the home and it's contents. Being respectful of diversity.

As you continue our training, you will learn more about a postpartum doula's scope of practice, how to interact with families, and evidenced based information regarding the postpartum period and parenting topics. Once again, congratulations on your decision to become a professional support for your community!

Application and Understanding

1. Define the three H's and provide a short explanation of how they work together. Also give an example of how they would be helpful to you in your postpartum doula work.
2. Human values form the basis of character development. It is through the practice of human values that society can be raised to a higher level of morality. The end result of character development is self-confidence. A postpartum doula who can exemplify human values in her

work with women and their families will be a very special person, for she will know how to speak from her heart. For each of the following values, describe how they can be applicable in your work as a postpartum doula.

- Patience
- Respect
- Compassion
- Inner strength
- Love
- Resilience
- Integrity
- Equanimity
- Humility
- Flexibility
- Caring
- Endurance

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