

**Papa Lawe Hānai Kaiāulu is a haumana training program for Native Hawaiians to become proficient in Perinatal Health, and the Native Hawaiian practices of pregnancy, birth, postpartum, newborn care, breastfeeding, and positive parenting. These haumana will be able to facilitate the Hui Mālama Ola Nā ‘Ōiwi Healthy Hāpai curriculum, and to help serve the community they reside in.**



**“Some say that if you want to heal a nation, you start by supporting its women.”**

*-From HAUMEA: Transforming the Health of Native Hawaiian Women and Empowering Wāhine Well-Being, Office of Hawaiian Affairs, 2018*



**Hui Mālama  
Ola Nā ‘Ōiwi**

## **CONTACT US**

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 /HMONO.org

 hui\_malama\_

## **SERVICES ISLAND-WIDE**

**Nutrition, Hypertension, & Diabetes Classes  
Healthy Hāpai Prenatal Program  
Disease Prevention Education  
Traditional Hawaiian Health  
Community Outreach  
Health Resource Referrals  
Support Groups  
Exercise & Fitness Program  
Specialty Transportation  
Behavioral Health  
Medical Services**

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**Hui Mālama  
Ola Nā ‘Ōiwi**



## **PAPA LAWE HĀNAI KAIĀULU**

***Perinatal Community Health Worker  
Training and Mentorship Program***

# TRAINING TOPICS:

## PREGNANCY, BIRTH & POSTPARTUM:

- *Normal physiologic birth*
- *Comfort measures and labor techniques*
- *Perinatal Mental Health*
- *Healthy Exercise & Nutrition for pregnancy*

## BREASTFEEDING, PARENTING & INFANT CARE:

- *Basics of infant feeding (breast & bottle)*
- *Swaddling, soothing, calming & bathing*
- *Vaccinations*
- *Fatherhood, partner, & blended family involvement*

## COMMUNITY HEALTH WORKER FOUNDATION:

- *Maternal Health Disparities, Reproductive Justice & Historical Trauma*
- *Infant & Young Child Feeding in Emergencies & Disasters*
- *Standard Precautions & Supporting families during COVID-19*

## TRADITIONAL HAWAIIAN CONCEPTS

- *La'au Lapa'au Hanau*
- *Lomi lomi for moms & babies*
- *Indigenous Breastfeeding Counseling*



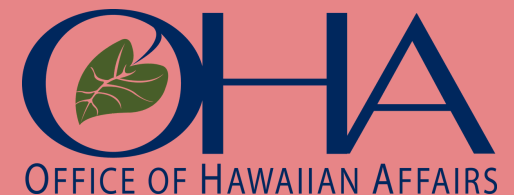
## IF YOU HAVE A PASSION FOR MOTHERS AND THEIR BABIES, JOIN US:

- **Hybrid virtual, in-person, & community-based training**
- **125 hour commitment over 7 months**

**FOR MORE INFORMATION, VISIT:  
HMONO.ORG/PLHK**

## We hope Papa Lawe Hānai Kaiāulu will:

- Give Native Hawaiians the opportunity to engage and increase their proficiency in Perinatal Health and Native Hawaiian practices
- Provide support and knowledge for childbearing women in their communities
- Be impactful in increasing exclusive breastfeeding on Hawai'i island
- Assist with early entrance into prenatal care and reduce preterm birth rates
- Find solutions in reducing health disparities
- Help increase economic independence



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