

7 STEPS TO START YOUR PREGNANCY HELP *Life-Team*



How your church can help women in pregnancy crisis by developing community-centered pregnancy help ministries.

Bring God's grace and solutions to the sin of abortion:
Help mothers - Rescue babies - Strengthen families - Bring healing.

Are we called to rescue babies? And how do we do it?

Yes! God Calls us to Rescue those facing death!

All believers are called to step in and *rescue* people who are targeted for death, as Proverbs 24:10 says; “... **Rescue those who are being taken away to death; hold back those who are stumbling to the slaughter.**” God calls us to act, and stop the deliberate killing of innocent people. This naturally includes unborn babies (abortion) and newborn babies (infanticide).

Pregnancy Crisis Intervention Rescues Babies from abortion.

Today, abortion kills more people than any other cause of death, and is the **preeminent moral crisis of our day!** However, Christian volunteers are learning how to rescue unborn babies from abortion death, by intervening and helping their mothers and fathers when they are in pregnancy crisis. They counsel and help women and couples in their local (*un-churched*) community.



They help men and women trust God to provide instead of turning to abortion to solve their problems. They help young men prepare to be good fathers, and young women to be good mothers.

Babies are saved from abortion as parents are given the practical, emotional and spiritual guidance and support they need.

The key is helping the parents treasure their baby, choose life for their baby, then help them through any difficulties.

Pregnancy Help Teams rescue mothers at risk for abortion, help them choose life for their babies, then prepare to parent or place for adoption.

Pregnancy Crisis refers to an unplanned pregnancy, which may result in an abortion or infanticide.

The pregnant woman is in crisis as she tries to decide what to do. She is often being pushed or is abandoned to decide.

The innocent baby is in danger as mum (and dad) decide to kill him/her by abortion or infanticide.

Helping a mother have her baby can be a lot of work. You may need to:

1. help her understand fetal development, what abortion is and other options she has.
2. help her find or visit a medical facility.
3. help the father accept the baby and support his child.
4. help parents/grandparents see the baby as a gift to be welcomed and support their daughter.
5. help the mother find a job or finish school.
6. find her a safe place to live and have her baby, and then help her be a good mother.
7. help the mother/family find a family to adopt the baby and then help with the adoption process.

A Life-Team can be started anywhere – in a city or in a village!

Follow the steps in this booklet and start your team. It's not difficult or complicated, and you will experience joy as you save women and babies from the evil of abortion. You don't need much to start, and you will soon gain experience and skill.

7 Steps to Start Your Pregnancy Help *Life-Team*

Follow these steps to start a team to counsel and help pregnant mothers and rescue babies from abortion in your community.

1. GATHER YOUR TEAM.

Start with 5-10 mature Christians, and agree to work together as a team. Begin to pray together and review the steps together. Even two or three people can start, but keep adding people to your team.

You can have men and women, young and older in your team. Mostly it will be the women who will counsel and help the pregnant women, but men also help the young men become good fathers. Older women will have experience caring for pregnant women and newborn babies, while the younger women may be more able to use social media and connect with women in pregnancy crisis.

It helps to identify the key leader, and begin to assign tasks or let different people take the lead in specific areas.

2. TRAIN YOUR TEAM IN PREGNANCY CRISIS INTERVENTION COUNSELLING.

Train your team to ***know how to give pregnancy crisis counsel*** - on the phone or face to face.

They need to learn: to listen and understand what is pushing a woman to abortion, how to teach them about their baby (this is called 'fetal development'), what abortion is, and help them trust God for their needs, so they can choose to love and keep their baby, or choose a 'life' option (such as giving birth to the baby and placing for adoption with a family).

They will tell the woman they are there to help them in every way possible. They are not alone, nor will they be left alone. The counselor will walk with them through any problems.

Counselors could follow this simple guide to begin (a fuller version is on page 9):

- Express sympathy. Say: **I am sad to see you in this difficult situation.**
- Listen and learn. Say: **Help me understand why having a baby now is difficult.**
- Inform. Ask: **What do you know about your unborn baby? About Abortion? About other options?**
- Be a Good Samaritan. Say: **I will help you have your baby. We will figure this out.**

Counselors need to be able to discuss:

- **Fetal development** and the **humanity** of each unborn baby
- **Abortion procedures** and the **inhumane** manner it **kills a baby**
- **Alternative options:** 1) people can help her parent well, 2) foster care or adoption.

Counselors need to understand how the gospel is a part of crisis intervention:

- 1) **God**, in Jesus Christ, **provides forgiveness of past sin** and failure.
- 2) **God commands us to make right choices, and avoid sin** and evil.
- 3) **God urges us to walk by faith and trust Him** to provide what we lack or what we need.

Resources to Train & Prepare your Team-members:

First, start with [Pregnancy Crisis Intervention... for beginners](#). Teach your team, or send the document and ask them to read it, then discuss it together.



Second, your team members need a few videos and materials, to show, and share with those they counsel. Showing the humanity of the unborn child and the reality of abortion, helps a mother reject abortion and decide to keep her baby, and helps her *defend* her decision to her boyfriend, husband or parents - who may be pushing her to abort. Make sure your team know where to find them and how to send them.

Two videos we think are essential are; **Your Life Before Birth** – shows the humanity of the unborn baby, and **This is Abortion** – shows the true horror of abortion. Send the videos to their phones.

In Vietnam we found it easiest to set up a website, then show people how to add the icon to their home screen, (*our icon is at right*). This way, we can place videos and articles in different languages as they become available, and it is super easy to use - just one tap on the icon brings you to the website, then you choose the language and video or article to show a woman/couple, or send it to their phone. Because it is easy people use it more, especially showing videos. Sitting on a bus, counseling a family, or teaching 'The 4 Questions' – it's all right there!




The Vietnam website; www.baovemamsong.org has English, Vietnamese, Hmong, Khmer and Laos languages, or visit; www.passionlife.org/ & www.ehd.org/your-life-before-birth-video/

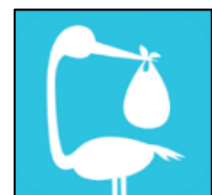
Downloading an ICON is easy, but you may need to show people how:

Download the Vietnam ProLife ICON (or any website icon) to your phone's main screen:

[**Android:** In Google type in www.baovemamsong.org – tap the 3 dots at top right corner – Add to Home screen – Add – Add. The icon will appear on your home screen.]

[**i-Phone:** In Safari type in www.baovemamsong.org – tap the  at center bottom – Add to Main Screen – Add. The icon will appear on your home screen.]

Third, your team members can learn how to educate a woman about her pregnancy by using the **See Baby App** (or a similar one in your language). The mother can see what her baby looks like, what it may be doing, and see a heart beating (just 4 & ½ weeks from fertilization.) She can find her due date and countdown to her due date, and she can track her baby's expected growth (typical weight and length).



To download the app:

- 1) Go to APPS/PLAY STORE.
- 2) Type in **See Baby App**.
- 3) Find **See Baby Pregnancy Guide**
- 4) Click and Install

Fourth. You can use a *counseling information form* to help record and keep information. This helps you work as a team, do follow-up and invite for celebration days, or when a woman is helped by a new counselor (perhaps moving to another province). It also helps in reporting and accountability. It is optional, but recommended, especially for teams. A free example is on page 10.

3. UNDERSTAND THE PROBLEM OF ABORTION IN YOUR TOWN/CITY.

- **How** do women abort – surgical, the abortion pill, juice from tree leaves...?
- Where do women **go** for abortion? (Clinics, hospitals? List the places or show on a map.)
- How do women **find** the abortion service? (Online, chat rooms, or go to a certain street?)
- What places **often have** unwanted pregnancies – student dorms, factory dorms...

4. MAKE A PLAN TO CONNECT WITH THE WOMEN WHO NEED YOU.

Decide how you will reach pregnant women at risk for abortion in your community. You could:

- go **house to house** – visit, share and leave your contact.
- **share through networks** of churches, friends, colleagues, neighbors etc. Posters in churches.
- handout a free **booklet, leaflet or card** to students, factory workers (young people.)
- **share online** – via social media and chat rooms – leave a short message and contact number.

You could try the following, but raise funds first, or ask a doctor for a reduced fee or free service:

- Offer a free service: Text message words like ‘*free pregnancy test in June,*’ ‘*free ultrasound*’ or ‘*free medical checkup for pregnant women*’ to get pregnant women contacting you. Try for one month, and then assess the success.
- Paid advertising on Facebook or other media - post short messages with your contact number. This will target the people you want to help.

Think: The **BIG** question your team must ask is:

How will we make sure the women who need us in our community will find us?

Posting Online to Find Women in Need

You may need to take time to help your team communicate online.

- Start by posting a picture and message in a few words.
- Join groups and chat with people as they post online or contact you.



PROTECT LIFE HANOI

Supporting, advising and walking together with mothers who are unexpectedly pregnant, for the life of their children.
A mother loves her child, right, even from conception in the womb...
Contact our Hotline: 0000000000

Hello sister Tham, how are you?

Our group helps women who have an unexpected pregnancy. Did you know, having an abortion can affect your health, emotions and psychological well-being...

If you know anyone [who may abort] you can tell them to contact me through Zalo or the hotline ok. Our passion is to rescue many babies and help pregnant women have a peaceful and happy pregnancy.

Women with pregnancy needs join these groups to ask for advice, such as; where to get an abortion? what abortion pills are best? and what's the best way to get rid of a baby under 4 weeks? You can reply and share with them. In a Vietnam example, a chat group member asks: *"...what is the best abortion pill to use today... please help me."* A counsellor replies: *"...my sister, don't abort your baby ok, but get in touch with me. I will walk with you and share with you."*

Use language and images that feel attractive to the women.

Show concern for both mother and baby. Connect to her needs to feel accepted, loved and supported. These examples from Vietnam do this well. They say;

Accompanying Mum and Baby: For the love of your baby.
When you need me, I'm there.
When you are in trouble, I'm by your side.



It may not be best to talk right away about 'not aborting your baby.' It may be better to talk about helping her and sharing her burden – the needs she is feeling right now as she experiences pregnancy crisis.

Think: ***What would make me feel safe and confident to connect and ask for help?***



Work as a team. Pray together regularly, discuss how you are doing, pray and discuss to problem-solve difficult cases. You can use your personal phone number. Or, you can buy a phone number for the team to share for this ministry. This lets you take a break if you need.

Note: You might start helping people from *all over the country* – that's the nature of the internet – and every woman and baby helped is a big success. But this often leads to two things:

1. **The need to network** with people to provide face-to-face care for a client. Use the network of churches you know. Most churches are happy to visit a woman and take care of her, and this is better than giving counsel over the phone from a distance. So, start by counseling over the phone, but as soon as you can, ask the woman if you can introduce a friend to visit her, and call a local church, or a pregnancy help team in the area to meet and care for the woman.
 - a. Once you know she is getting good care, then allow the locals the freedom to work. If they need help to counsel, you could do a 3-way zoom call and counsel the woman. This way **the local volunteer can also learn and see how you work**.
 - b. Asking a local church to help **can be a great starting point** to pregnancy help ministry for them. Share what you do and introduce 'The 4 Questions Training,' '7 Steps to start a team' and 'Crisis Intervention.' Help them start a team also. Offer to train them.
2. **You need to connect** with women in need from *your own local community*. If you are not, then who will? So, pray, and see how you can.

5. IDENTIFY PREGNANCY HELP RESOURCES IN YOUR COMMUNITY.

- Do you know any Christians willing to take a mother temporarily into their home?
- Are there doctors or clinics willing to offer their services – either free or at a cheaper price?
- Does anyone have a home, or rooms, that can be set aside as a ‘Mother’s Safe House?’
- Are there people who can provide work for a young father or mother?
- Are there Christians who can help befriend and mentor a young husband/father.
- Are there adoption or orphanage resources in your city?
- Are there people willing to help financially – perhaps when a child needs medical care?
- Are there doctors willing to allow you a small space in their clinic or hospital where you can offer counsel to pregnant women? This can be a simple counseling center.

As you share what you are doing to help women, keep a note of the many ways people are willing to help. Note down the name, phone number and how they can help.

6. DECIDE WHAT SERVICES YOU WILL OFFER.

Now, you can already start helping women! But you also may be able to add some services that would be a great blessing to the women and community you are helping.

The main services you *need* to offer are:

1. A telephone number that you advertise – like posting on social media etc.
2. Pregnancy crisis intervention counselling and emotional support.
3. Videos, information and apps ready to send via phone to educate mothers and help them defend their decision to keep their baby.

Services you can *also* offer, if you are able to, are:

4. Free Pregnancy tests. *(You need to raise funds to buy first.)*
5. Free doctor’s visits or ultrasound -to help mothers see their unborn child and bond with it. *(Talk to a local doctor or raise the funds.)*
6. Baby supplies. *(That you collect and can give free to new mothers.)*
7. Classes that you teach such as; Parenting Preparation & Skills, Sexual Integrity & Relationships, or Healing post-abortion grief.
8. Start a ‘Young Mums with Babies Support Network.’



7. PROMOTING YOUR WORK, RAISING MONEY & CELEBRATING TOGETHER

Promoting your work to others.

Prepare to share with donors why your pregnancy help ministry is important. You could:

- a. ***show the evil of abortion***: babies are killed – every day, abortion hurts/damages women.
- b. ***explain God’s command to Rescue*** (Pro. 24:10).
- c. ***show how your ministry is helping*** women and saving babies. Show photos of mothers and babies rescued and share the stories you have.
- d. ***explain what you want to do*** and how they can help too. (Videos and PowerPoints are great.)

Raising money.

If you raise money you need to establish financial accountability and trust with donors. Do:

- 1) Appoint a treasurer and open an account for donations and payments.
- 2) Set up a simple but clear accounting and reporting process that reports to the leader & team.
- 3) Appoint someone to send a thank you to donors for each donation.

To raise money: First, ask each team-member to give a modest monthly gift. Then invite others to give; churches, businessmen, friends etc.

Celebrating your successes and sharing your stories.

- 1) Ask for permission before you share photos or stories. Ask women to write their stories, or write it for them.
- 2) Share stories and photos to encourage the team, those who have helped you, donors, leaders etc. Send monthly or as they happen.
- 3) Create days to celebrate and give thanks together – invite; volunteers, donors, mothers and their babies, local church or community leaders.

**Make a Start - You can do it! It's ok to start small and grow.**

Even in poor countries like Zambia, Christians are rescuing mothers and babies. In South Africa, Christians started meeting women and counselling them on a park bench, now they have centers

In Vietnam, Hmong women and men in mountain villages rescue babies simply by visiting families and talking to them! In Hanoi believers reach women by social media posts and group chats, giving counsel over the phone, then finding local believers (in their area) to meet them face to face. And when the babies are born, women visit and help the young single mums care for their newborns.

Pray, work hard and expect God to use you to help save and change many lives for His glory.

Web: www.baovemamsong.org

Email: baovemamsong@gmail.com

Starting a Pregnancy Help *Center*.

If you live in a village, small town or rural area, then a pregnancy help **'team'** is likely the best option for you and your friends. Teams are flexible, cheaper and work anywhere, including cities. However, if you intend to open a pregnancy help **'center,'** then these brief points should help you do that.

Opening a center usually requires more work and funding than starting a team, but many steps will be similar. *You will need volunteers,* committed to work in the center according to the days they are rostered on. You will train them similar to step 4 - training how to counsel pregnant women. *You will also need medical professionals* to help, if you provide medical services. They may come into your center on certain days to provide ultrasound and medical services. *You will also need funds* for room rental and if you buy any equipment, like an ultrasound machine.

However, you may lower costs by partnering with a clinic, hospital or any other medical facility. They may give you (or rent at a reasonable cost) space to work, and can provide ultrasound and medical services your clients will need. Discuss with the clinic if they can reduce their medical fees or offer a free service for the women you will counsel.

Your team will counsel and help women choose life for their babies, and be ready to walk with them through any difficulties during pregnancy and as young mums. When a pregnant woman comes for an ultrasound or doctor's visit, they will introduce her to your service. If she comes to you first, (sees your advertisement), you will offer the clinic's services to her, as she needs.

Your team will advertise your service to bring pregnant women in. Offering 'free ultrasound' or 'free checkups for pregnant women' is good, but make sure you raise the funds, or ask the clinic for a reduced price or free service, before you advertise, as in step 3.

When you discuss with the leaders of the clinic or hospital, convey a win/win situation. There are benefits you can all enjoy through this cooperation, primarily being that, women will receive physical and emotional help and support during pregnancy and after, and babies will be safer and cared for at all stages of development (before and after birth). This is humane, positive and very good for society, and for the image of the clinic as well. Also, you hope to increase the number of customers in the clinic, because your team will be advertising and working with pregnant women, young mothers with newborns, and families, who will use the clinic's medical services.

Grow your team with new members. You may recruit from churches and friends, and you may have some mums who, having received help from your center, may wish to return and help other women also. So, be ready to welcome them onto the team, and train and mentor them.

Go where pregnant women go! A center can be started anywhere, but the most effective pregnancy help center will be situated where women look for abortions. Try to open your center in the hospital or clinic that regularly does abortions! However, you may need to start in a clinic that doesn't do abortions (like a Christian clinic), gain experience and a name, and step by step work towards opening centers where many pregnant women come and many abortions are done. ***If you want to catch fish, learn how to fish and go where the fish are!***

14 Questions to guide beginners in a pregnancy crisis intervention conversation.

If you are anxious or worried that you might say or do the wrong thing, you can work through the following questions with the mother or couple. Don't worry, pray and you will serve her very well.

1. How do you know you are pregnant? Have you had a pregnancy test in a hospital/clinic?
2. How far along are you? When was your last LMP (Last menstrual Period)?
3. How do you know viability? Have you had an ultrasound verification that you have a viable pregnancy? Did it show everything to be healthy and normal?
4. Have you been pregnant before? What happened with each pregnancy?
5. What fears do you have about being pregnant? What is your biggest fear right now?
6. What is stopping you from giving birth and parenting your child? Help me understand why having this baby now is difficult.
7. What is pushing you toward an abortion? Why do you think you must abort this baby?
8. Where is God in this decision? How is your faith/ beliefs/ conscience speaking to you? About your baby? About the decision to abort? About what is the right thing to do?
9. What do you know about fetal development? How developed your baby is already?
10. What do you know about abortion and how it is done? Do you know what will happen to your baby? Do you understand the procedures? The risks and complications to you?
11. Do you know about other options: 1) Mothering Support: People are ready to help and support with the skills you need to be a great mother, 2) foster-care and 3) adoption?
12. Is there anyone who would support your decision to give birth?
13. Do your parents know you are pregnant? Do you need me to talk/meet with them?
14. What is your phone number? I will stay with you through this crisis. I will help you have your baby. Don't worry, we will get through this together. I will call you tomorrow.

Counseling Information Form

[CONFIDENTIAL WITHIN THE PREGNANCY HELP TEAM]

A: General Information

| | | |
|------------------------------|---|------------|
| Month: | | No. |
| Name: | Birth date: | Age: |
| Phone number: | Children: | |
| Email /fb | Last doctor's visit? | |
| Address: | How many weeks pregnant: | |
| Province/City: | NEEDS: To enter a Safe-House? / To see a Doctor? | |
| Marriage status: | Where/Address: | |
| Profession/Work: | Person/Dr. | |
| Religion/Church affiliation? | Phone No. | |
| Date of Counseling: | Time: | Counselor: |
| | Entry/visit date: | Out: |

B: Needs & Counsel

| | |
|---|--|
| Situation needing help/counsel: + Needs or wants to be helped how? + What is her biggest fear right now? | |
| Counsel given and the result: + Is the client still in crisis? Does she need a visit or other help? + Does the counselor need to do anything more? | |
| Follow-up care: + Situation after 6 months/1 year? + Kindly ask for a photo of the baby, (or mother and baby) when it is born. + Ask permission to use. | |