

20073-27-016



**NAPSAC**

Box 428, Marble Hill, MO 63764  
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NEW ZEALAND HOME BIRTH ASSN  
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• NAPSAC Members receive the exciting & informative NAPSAC NEWS quarterly which keeps them up to date on important current issues. They also receive special discounts on books and NAPSAC activities. As a NAPSAC Member you support the ideals of NAPSAC, can contribute to NAPSAC NEWS, and otherwise participate in promoting "Safe Alternatives in Childbirth." All members are automatically listed in the NAPSAC Directory, a publication which is updated every 1-2 years.

• You may join as an individual using this form:

**Individual Dues: \$12 [USA] \$14 [Other Countries]**  
 You may join through a NAPSAC Chapter in your area. If there is none, write for details on how to organize one.

• If you are a birth center, hospital or other agency desiring to receive NAPSAC NEWS, be listed in the Directory to obtain referrals, wish to support NAPSAC ideals, and fit neither the category of "individual" nor "group,"

• You may subscribe to a "Professional Membership."

**Professional Dues: \$25 [USA] \$27 [Other Countries]**

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**Services Offered check all appropriate ones**  
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yes  no May NAPSAC publish above in Directory?  
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WHAT IS NAPSAC?

The InterNational Association of Parents & Professionals for Safe Alternatives in Childbirth is dedicated to exploring, examining, implementing & establishing Safe, Family-Centered Childbirth Programs — Programs that meet the social & emotional needs of families as well as provide the safe, appropriate aspects of medical science.

OUR GOALS ARE:

- To promote education about the principles of Natural Childbirth.
- To act as a forum facilitating communication and cooperation among Parents, Medical Professionals, and Childbirth Educators.
- To encourage and aid in the implementation of Family Centered Maternity Care in Hospitals.
- To assist in the establishment of Maternity and Childbearing Centers.
- To help establish Safe Home Birth Programs.
- To provide educational opportunities to parents-to-be that will enable them to assume more personal responsibility for Pregnancy, Childbirth, Infant Care and Child Rearing.



NAPSAC International  
 Post Office Box 428  
 Marble Hill, MO 63764 USA  
 Phone: (314) 238-2010

NAPSAC is Non-Profit & Tax Exempt  
 Contributions to NAPSAC are Tax Deductible

## NAPSAC STATEMENT OF PURPOSE



*Pregnancy and parturition* are unique in health care in that they are *natural* functions, not products of disease. They are events of profound and *lasting emotional significance* in the lives of the families involved. We believe the policies and procedures of the health care community should reflect not only the physical safety of mother and baby, but also the inseparable and important *psychological needs and desires of parents*. To meet these needs requires flexibility and informed choice in maternity care. To help encourage these attitudes more emphasis needs to be placed on the *normalcy of pregnancy, childbirth, and lactation* in the professional training of those attending and advising birth.



*The responsibility* of pregnancy, childbirth baby care, and child care ultimately lies with the parents. Personal responsibility of all aspects of parenthood has been gradually relinquished to professionals in many fields. *Rightfully* we depend on professionals for advice, information and expertise *for which they have been trained*. But individuals need to assume *more personal responsibility* in the choice involving their lives and the lives of their families. Until individuals and families are willing to assume personal responsibility for their choices, their right to *freedom of choice thru knowledge of alternatives* is diminished. Since these are decisions that permanently affect their lives, it is one of the goals of NAPSAC to provide parents and parents-to-be with information to help them make these choices in a manner that is *informed and responsible*.



*Within the hospital* we encourage programs of prenatal care stressing personal continuity and individual need. Information should be provided on available *childbirth classes, nutrition, and on hospital labor, delivery, and post partum policies*. In addition, information on and *encouragement of breast-feeding* should be included in prenatal and post partum care. Hospital policies should regard the family as the unit it is, providing alternatives to routine separations of mother from children and husband from wife. We encourage administrators to give thorough consideration to all labor and delivery procedures individually as to their necessity, desirability, and efficacy to the families involved. *Flexibility and a willingness to expand* beyond the routine into the individual would better serve more parents.



We look forward to the establishment of **SAFE HOME BIRTH PROGRAMS** to serve the growing number of women and families choosing to give birth at home. This program would include:

- \* Positive prenatal care geared to individual need
- \* Childbirth education and nutritional counselling
- \* Qualified birth attendants backed by physicians and hospitals
- \* Post-natal follow-up for mother and baby

*Pregnancy and birth* can and should be positive experiences. Proper preparation, good health care, and the freedom and responsibility of choice can help to insure this for many families. Parents have the right to be accorded *safe alternatives* for the births of their children.

## START A NAPSAC MEMBER GROUP

- If you or your local childbirth education group would like to affiliate with NAPSAC International as a NAPSAC Member Group, receiving NAPSAC NEWS, book discounts and other privileges, request information on how to form an effective group from NAPSAC Group Coordinator, Box 428, Marble Hill, MO 63764.
- Wherever there are NAPSAC Groups, there are always beneficial changes in maternity services.

## SOME NAPSAC ACTIVITIES

- NAPSAC Leadership Certification.
- Licensing NAPSAC Special Agents 007.
- Awards Program for Childbirth Groups.
- Publishing & Sale of Books.
- International Conferences.
- Publishing of NAPSAC NEWS, a unique quarterly for NAPSAC Members.
- Assistance in finding and obtaining outstanding speakers or expert witnesses.
- Support to isolated parents, professionals, and local NAPSAC Member Groups.
- Compilation of scientific research on the relative merits of various birth practices.
- Mail Order Bookstore with best available books offered at discounts to NAPSAC Members.
- Professional training workshops for midwives, nurses, physicians, nutrition counselors and childbirth educators.
- A source of information to hospitals, birth centers, home birth services, government agencies, professional organizations, TV, radio & news journalists.
- Referral service and publishing of a current Directory of Alternative Birth Services. If you are a home birth doctor, a midwife, a childbearing center, a good family-centered hospital, childbirth educator, training facility, etc., the best way to assure your being included in the Directory is to join NAPSAC.
- Send SASE to NAPSAC for free brochures and catalogues. To be on NAPSAC's mailing list, become a member. See application form on reverse.

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 SAFE ALTERNATIVES IN CHILDBIRTH ; MG (703)254-4121  
 C/O JANE MC NEELY; 12 LAURIER PL --- SAULT STE MARIE, ONTARIO P6B 2  
 SASKATCHEWAN ASSOC FOR S. A. C. (306)862-3307  
 MG, CE, IN, LC, LL  
 C/O BARBARA SCRIVER; BOX 3301; NIPAWIN, SASKATCHEWAN --- CANADA S0E 1  
 FORENINGEN FODA HEMMA ; MG, HB 46 653 41058 0653-410 58  
 HOGTOMT 1436 ----- 820 60 DELSBO. SWED  
 CALGARY APSAC ; MG  
 C/O ANN-MARIE L'ARRIVEE; 775 - 3RD ST NW; CALGARY, ALTA CANADA T2N 1  
 CENTRAL ALBERTA ASAC (CAASAC) (403)342-4180  
 MG, CE, LL, PR, RF  
 C/O TRUDY BEATON; 4118 50 A ST; RED DEER, ALBERTA ----- CANADA T4N 1

# APPLYING FOR STATUS AS AN OFFICIAL NAPSAC MEMBER GROUP

• **SO YOU WANT TO BE A NAPSAC MEMBER GROUP. GREAT!** Wherever there are NAPSAC Member Groups, there are always beneficial changes in maternity care. Forming an active NAPSAC Group will help more people than you can ever know. There are few things a person can accomplish that have a truly permanent or lasting effect on society, but participating in the childbirth reform movement is one of them. So **Congratulations** on your interest to organize a NAPSAC Group. You are about to embark on an exciting and rewarding adventure. And if this is your annual renewal application, **Double Congratulations!** to you for what you have accomplished in the past and for what you are about to achieve. The world will be a better place for your efforts.

• **THE NAPSAC GOALS AND IDEALS ARE EXPRESSED** succinctly on the yellow brochure, **What Is NAPSAC?**, which accompanies this form. You will find a more complete expression of NAPSAC principles in the book, **THE CHILDBIRTH ACTIVISTS' HANDBOOK (CAH)**, available from NAPSAC, \$9.95 ppd. Everyone desiring to start a NAPSAC Group must have a copy of this detailed and comprehensive guide to successful action in the childbirth movement. It will not only advise you as to how best to start and organize your group, it contains hundreds of productive ideas as to what your group can do and how to do it. Every officer of your group needs this incomparable and essential manual. The dictionary defines an activist as One who believes in and practices direct, decisive action. That is what maternity care needs today—enlightened activists and groups of activists, those with the courage, the wisdom, the know-how, the energy, and the compassion to stand up and fight as advocates for babies, children, motherhood and families.

• **ANNUAL NAPSAC MEMBER GROUP DUES** are \$35 (USA) or \$45 (Other Countries, U.S. Funds Please).\* This entitles the group to receive three subscriptions to **NAPSAC NEWS** for one year and to send memberships to NAPSAC International for only \$6 (USA) or \$8\* (Other Countries, U.S. Funds) with full rights and privileges, including a year's subscription to **NAPSAC NEWS**. This is quite a savings over individual membership which currently is \$12 (USA) or \$14\* (Other Countries, U.S. Funds). Hence, if a NAPSAC Member Group in the U.S. sets its local group dues at \$12, it can keep \$6 and send only \$6 on to NAPSAC International, thus generating revenues for themselves and giving international membership to those of their group. NAPSAC Groups in other countries can similarly charge the equivalent of \$14 (US) to their local members, sending only \$8 to NAPSAC International and keeping \$6 locally. \*NOTE: The extra charges for members and groups outside the U.S. is only to cover the additional costs of mailing **NAPSAC NEWS** and other communication costs.

• **BE SURE ALL YOUR MEMBERS ARE ALSO NAPSAC MEMBERS.** People who join your group are not members of NAPSAC International unless their names and addresses have been submitted to NAPSAC International with proper dues remitted by an official representative of your group. Otherwise, the rights and privileges of International NAPSAC Membership are not theirs. All Members of your NAPSAC Group need to be receiving the **NAPSAC NEWS** on a regular basis. **NAPSAC NEWS** is not only helpful and informative, it is highly motivating. Even though you have a local group newsletter of your own, when all of your members also receive **NAPSAC NEWS**, it helps build a unity and a spirit in your organization. So when individuals or couples join your group and pay their dues, be sure that a responsible person is in charge of properly registering all such members with NAPSAC International.

• **WHAT DO NAPSAC GROUPS DO?** NAPSAC Member Groups have various centers of focus. Some work specifically to bring about change. Some are organized around childbirth classes. Some offer maternity services. Some are birth centers. Some focus on regular programs of public education. A NAPSAC Member Group should be organized to meet the needs of the individuals in that group and in their community. Enclosed with this form is a current list of active NAPSAC Member Groups. Feel free to contact any of them for ideas. You should also study pages 129-133 & 164-173 of **CAH** for a host of ideas of what NAPSAC Groups do and can do.

• **WHO QUALIFIES?** Any group having a focus in harmony with NAPSAC goals and ideals may become a NAPSAC Member Group. This includes both, groups of individuals not yet formally organized as well as existing groups not yet associated with NAPSAC International. If you are already an active childbirth group with an affiliation with other national or international organizations (such as ICEA, HOME, ASPO, etc.) you may also qualify and apply for NAPSAC Member Group status. Affiliation with NAPSAC does not exclude other affiliations within the enlightened childbirth movement.

• **PRIVILEGES AND RIGHTS OF NAPSAC MEMBER GROUPS.** Officially and currently registered NAPSAC Groups may buy NAPSAC books at special discounts (up to 40% off) and resell them at a profit to group members or to the public. Persons joining NAPSAC International through an officially recognized NAPSAC Member Group are accorded the very same rights, privileges and discounts as NAPSAC Members who have joined individually without a group, provided, of course, they have been duly registered with NAPSAC Internat'l. NAPSAC Groups may use the phrase "Safe Alternatives in Childbirth" in their names and literature. They may also print on their stationary, newsletters and brochures, "A Member Group of NAPSAC International," or "Member Group of The InterNational Association of Parents & Professionals for Safe Alternatives in Childbirth." This will constitute a powerful statement to your community and your area that you are not just a local group, but that you have the support and the backing of an international constituency. Being able to use the NAPSAC International name is the most effective way for you to assert the fact that thousands throughout the world agree with you and your group. For more on what NAPSAC Groups can do, see **CHILDBIRTH ACTIVISTS' HANDBOOK**.

• **CHOOSING A GROUP NAME.** If you have not chosen a name for your local group, see the **CHILDBIRTH ACTIVISTS' HANDBOOK**, pp. 188-189. Any name is all right with NAPSAC International with the exception of names that would cause confusion with NAPSAC International's name, itself. Member Groups are autonomous in that they set their own policies, plan their own activities, and manage their own finances separate from NAPSAC International. Hence, for legal and tax purposes, it is important that the acronym, "NAPSAC," not be used in your local name. You may use "APSAC" or "ASAC" or "SAC" or append the first initial of your own town (unless it starts with an N). (Example: The Lutesville APSAC could be called "LAPSAC" or the Sherman Oaks APSAC could be called "SOAPSAC," etc.)

• **NON-PROFIT, TAX-EXEMPT STATUS FOR YOUR GROUP.** You may choose to be a non-profit corporation and apply for tax-exempt status. However, these conditions must be acquired individually for your specific group. NAPSAC's own status as a non-profit, tax-exempt corporation cannot be legally extended to Member Groups. However, if you desire such status, your association with NAPSAC International and your espousal of NAPSAC goals will assist you in qualifying for approval of your application. See **CAH**, pp. 153-164 for explicit details.

• **SPECIAL GROUP AWARDS AND CONTESTS.** As an official NAPSAC Member Group, you will want to work toward the **NAPSAC ACE AWARD**. You will want to encourage as many of your members as possible to become **Certified Napsac Leaders (CNL's)** and **NAPSAC Special Agents (NSA's)**. (See pp. 460-480 of **CAH** for details) You will also want your group to be listed on the **NAPSAC Honor Roll** and to qualify or compete for other NAPSAC Awards as announced from time to time in **NAPSAC NEWS**.

• **INSTRUCTIONS FOR FILING NAPSAC GROUP APPLICATION:** Please complete all requested information below and on reverse in **Duplicate**. Keep one copy for group files. Refer to it often. Reprint stated goals in your newsletter periodically to remind members of group objectives and your progress in meeting them. Send other copy to: **NAPSAC International, Group Service Dept., Box 428, Marble Hill, MO 62763 U.S.A. Phone: (314) 238-2010.** Proper remittances must be enclosed, and must be in U.S. Funds, before application will be processed. Please allow approximately four weeks for processing.



• PLEASE TYPE OR PRINT CLEARLY

FULL GROUP NAME

GROUP NAME ACRONYM

G 9000 07/85  
NEW ZEALAND HOME BIRTH ASSN I  
PO BOX 7093  
WELLESLEY ST  
AUCKLAND N ZEALAND

In file folder -

**OFFICIAL GROUP ADDRESS:** (This is the one that will be listed in the NAPSAC Directory. It is also the address where the three group copies of **NAPSAC NEWS** will be sent. These copies of **NAPSAC NEWS** are meant for group purposes, to display at public meetings, to give to appropriate professionals from time to time, to share with news reporters and journalists, to donate to libraries, to circulate through the group library, etc.)

**TELEPHONE NUMBER:** (Please include Area Code if such are used in your country)

**PRINCIPLE LANGUAGE(S) OF YOUR GROUP** (Circle Appropriate One or Ones): English French Italian Swedish  
Dutch German Spanish Portuguese Hebrew Arabic Japanese Korean Hindi Other \_\_\_\_\_

- form continued on reverse -

• Attach Additional Sheets if Necessary •

**OFFICERS, TITLES OR POSITIONS, ADDRESSES, PHONE NOS:** (IMPORTANT NOTE: Your Annual Group Fee (\$35 or \$45) entitles your group to the privileges of a NAPSAC Group. In order for your individual group members to be considered as Members of NAPSAC International with the individual rights of membership, you must register each of them individually, remitting the appropriate dues for each (\$6 or \$8). This goes for your officers as well. A list of your members is requested near the bottom of this form. Please be sure that when you make out that separate list and submit the dues for each person (or couple) that your officers are also listed and dues submitted for them, as well )

**CONSULTANTS, ADDRESSES & PHONE NOS:** (See pp. 141, 150 & 163 of CAH for discussion of choosing consultants or advisors. Also note that if you want them to receive NAPSAC NEWS, you must remit the appropriate dues to NAPSAC International (\$6 or \$8 for each) and include them in your submitted list of members to be enclosed with this form. It is appropriate to request your consultants to join your group & pay their own dues.)

**NAME OF YOUR GROUP NEWSLETTER & FREQUENCY OF PUBLICATION** (If you have one yet): Note Please be sure to include NAPSAC International on your list of mailing addresses to receive your newsletter and other mailings for our files and to keep NAPSAC informed of your ongoing activities. NAPSAC relies a great deal on the information in NAPSAC C Newsletters and may wish to excerpt items for republication in the NAPSAC NEWS, thus featuring your group and giving international recognition for your accomplishments.)

**BRIEF STATEMENT OF PURPOSE:** (This should be general. If you have a group brochure printed up with your general purposes already written up, you may simply enclose one of them with this application. In any case, please do enclose copies of any and all of your group literature )

**GROUP GOALS FOR NEXT TWELVE MONTHS:** (This is Most Important. Goals consist not only of objectives set, but dates or time frames by which you intend to meet those objectives. To merely want midwifery services in your area is only a wish. To seek midwifery services in your area in exactly 12 months or less is a goal. When your time frame runs out, you evaluate your progress and reset your goals. That's how goals become reality. If this is your first NAPSAC Group Application, proceed below. If this is your annual renewal, complete the questions below, but also enclose a separate sheet referring to last year's goals and cast your new goals in terms of what remains to be done as well as new horizons of achievement you will now work to attain. Forgotten goals are never achieved. Refer to them often. Periodically print them in your group newsletter. Discuss them at your meetings and report on your group's progress. Always keep your group goals alive and conscious before your members.)

**A.** Your statement of purpose (given above or on your brochure) gives general, long term ideals toward which you ultimately strive. List the six most important specific changes in local, regional, state or provincial maternity policy or practice you intend to bring about in the next 12 months

- |    |    |    |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | 6. |

• Do you have specific plans worked out for achieving each of these six goals? (circle one)      Yes!    No    Working On It

**B.** List the six most important activities or projects you will carry out in the next 12 months:

- |    |    |    |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | 6. |

• Are dates set (where appropriate) and persons appointed for each of these projects and activities?      Yes!    No    Working On It

**C.** How many members do you have now? \_\_\_\_\_ How many members will you have in 12 months? \_\_\_\_\_

**D.** How many of your members will be CERTIFIED NAPSAC LEADERS in the next 12 months? \_\_\_\_\_

**E.** How many of your members will be NAPSAC SPECIAL AGENTS in the next 12 months? \_\_\_\_\_

**F.** Will your group qualify as a NAPSAC ACE GROUP this year?      Yes!    No    Working On It

**G.** How many public meetings will you hold within the next year? \_\_\_\_\_

**H.** Will you organize at least one conference lasting a day or more this year?      Yes!    No    Working On It

**I.** Do you have an annual group budget drawn up? (circle one)      Yes!    No    Working On It

**J.** Estimate how much money you'll need to accomplish this year's goals & functions?      Yes!    No    Working On It

**K.** Do you have specific sources or specific fund-raising plans (including member dues) to generate needed funds?      Yes!    No    Working On It

**HOW WILL YOU BE LISTED IN THE NAPSAC DIRECTORY?** The next edition of the NAPSAC Directory of Alternative Birth Services will list your group's name, address and phone along with the services you indicate. Circle the appropriate codes below:

- |   |  |   |
|---|--|---|
| AB Alternative Birth Center (in-hospital) | HT Home Obstetrics Training              | NT Nurse-Midwifery Training               |
| AT Attorney or Legal Information          | IN Information                           | OB Obstetrics                             |
| BA Birth Assistants                       | LC Labor Coaches                         | PC Prenatal Care & Back-up for Home Birth |
| BC Birth Center (out-of-hospital)         | LL La Leche League Leaders               | PD Pediatrics                             |
| BT Birth Attendants                       | MG NAPSAC Member Group (circle this one) | PR Parents                                |
| CE Childbirth Education Offered           | MT Lay Midwifery Training                | RF Referrals Given                        |
| CS Cesarean Childbirth Education          | MW Midwife Services                      | SA Materials & Items for Sale             |
| FP Family Practice Services               | NC Nutrition Counseling                  | SP Sibling Participation                  |
| HB Home Birth Services                    |  | VB Vaginal Birth After Cesarean (VBAC)    |

OTHER (Explain) \_\_\_\_\_

**ATTACH SEPARATE LIST OF MEMBERS & OFFICERS** giving names, addresses, phone numbers, etc. Include, also, the consultants whom you want to receive NAPSAC NEWS. Enclose proper dues for each (\$6 or \$8). A year's membership starts from the time dues are received. You may add names & submit proper dues any time during the year that you are recognized as an official NAPSAC Group. It is your responsibility, as a group, to inform NAPSAC of all member address changes. NAPSAC NEWS isn't forwarded & won't be received without a current, correct address

Please Make Check or Money Order Payable To "NAPSAC" In U.S. Funds & Send To:

**NAPSAC INTERNATIONAL**  
Member Group Services Dept.  
P.O. Box 428  
Marble Hill, MO 63764 U.S.A.



• REMITTANCES ENCLOSED

Annual NAPSAC Group Registration Fee (\$35 or \$45) \_\_\_\_\_

Individual Group Member Dues (\$6 or \$8 each as on enclosed list) \_\_\_\_\_

Copies of **Childbirth Activist Handbook** (at \$9.95 each, \_\_\_\_\_

Less 10% Special Discount to NAPSAC Groups & Applicants) \_\_\_\_\_

• TOTAL AMOUNT ENCLOSED. \_\_\_\_\_

• We look forward to working together toward our mutual goals. •