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This Birth Doula Workshop is designed to train participants to become professional labor support providers and is *one of the steps in the certification process* for Doulas of North America International (DONA), the premiere doula certifying organization. Using texts, extensive supplementary literature, video/film & slides, role-play and thorough hands-on practice we will build both theoretical knowledge and practical skills.

Through this intensive 4-day workshop, students will:

- Review research that supports the value and importance of the doula in modern maternity care
- Explore and discuss the emotions and psychological processes associated with labor and birth
- Explore and discuss the role of the labor support person during the prenatal, labor and delivery, and post partum periods
- Discuss the importance of appropriate, culturally sensitive support
- Learn how to implement support techniques for the laboring woman through measures that promote comfort and enhance progress
- Learn how to assess and assist the laboring mother through each phase and stage and labor and birth
- Learn how to enable and empower women and their partners to cope with normal labor as well as variations and complications
- Describe the doula's scope of practice and ethical standards.
- Learn the practical aspects of setting up a doula practice, including the establishment of fees and records.
- Not have training in clinical skills, which are outside the scope of practice of the doula.

Course Prerequisites **How do I prepare for the training?** For the most satisfying experience it helps to be as prepared as possible. Many doula workshops require that you complete a childbirth class prior to your doula workshop. For DONA certification, all doulas must take a childbirth class not as a pregnant person. For this workshop it is recommended, **but not required**, that you attend a quality childbirth class before taking the workshop. **Some workshops include a 1-day Childbirth for Doulas Intro. Please inquire whether the dates and location of the workshop you enroll in include this option.**

Course Fees & Policies The course fee for this 4-day workshop will vary between \$375.00 and \$450.00, depending on the location and date of registration. **Early Bird Discounts and Buddy Registration Discounts are usually available.**

Refund Policy If you cancel your registration more than 4 weeks prior to the workshop, you will receive a refund minus a \$75.00 processing fee. **There will be no refunds within 4 weeks of the start of the workshop unless there is a waiting list and your space is filled. You may apply your registration to another Baby Bump Services workshop. Students registered for the course will not receive refunds for any missed sections of the course and certificates cannot be issued for partial attendance.**

Things you should know Being prepared prior to attendance makes a big difference in the way you are able to implement the material offered in the curriculum. Having a working knowledge of the process of normal birth as well as common procedures in hospital maternity care will allow you to get the most you can out of the workshop. A list of “things it is helpful to know before attending” is below. If you have a background as a child birth professional (teaching childbirth education, as a midwife or a labor and delivery nurse) then you have appropriate experience to attend the workshop *without* the childbirth class observation.

If none of these descriptions fit, you can prepare for the training by attending a complete series of childbirth preparation classes (taught by the best teacher you can find) and *reading the required texts*. If attending a childbirth class series by an DONA recognized, certified instructor is impossible, you may attend a one-day Introduction to Childbirth for Doulas taught by Kyndal May (to be scheduled in conjunction with the Birth Doula Workshop).

To be most satisfied with this workshop and be able to implement the training offered with a greater sense of confidence, participants should already be familiar with the following:

- Anatomy of the reproductive system and breasts
- Physiology of pregnancy, birth, postpartum and breastfeeding
- Definitions of medical terms regarding labor
- Common procedures and tests used during normal birth, their risks and benefits
- Narcotic pain medication, administration and effects
- Epidural pain medication, administration and effects
- The cesarean procedure
- Normal newborn appearance and procedures
- Basic relaxation techniques, breathing patterns and other comfort measures for labor
- Benefits of breastfeeding

This information is readily available in the first 2 of these 3 texts from the DONA required reading list:

- ***The Birth Partner* by Penny Simkin** REQUIRED for the workshop – bring it with you
- *Pregnancy Childbirth and the Newborn* by Simkin, Whalley and Keppler
- *The Doula Book* by Klaus, Kennell, and Klaus

Also recommended, if the childbirth class you attend is not “consumer-oriented” or “mother/baby-centered”, you might also want to read the following books prior to the training as well:

- *Optimal Care in Childbirth* by Henci Goer and Amy Romano
- *Ina May's Guide to Childbirth* by Ina May Gaskin

All of these books are on the required reading list for DONA Certification.

Course location Most of the Baby Bump Services Becoming A Doula Birth Doula Workshops take place in the Treasure Valley/Boise area of Idaho. To Sponsor a workshop in your area, contact Kyndal May. The exact location of the training is TBA dependent upon the size of the enrollment. Upon receipt of your registration and tuition payment, you will receive an information packet and a map will be mailed or emailed to you prior to the workshop.

How You Can Register Please see the accompanying registration forms. Please fill it out and mail with your payment to the address at the bottom of the form. You will receive a confirmation email when your registration has arrived.

Baby Bump Services Birth Doula Workshop Registration

1471 N. Mansfield Place, Eagle, ID 83616 208-695-7767 kyndal@babybumpservices.com

Please complete the registration form and send it with your deposit or tuition-in-full to the address above/below. Thank you.

Dates/Location of birth doula training you are registering to attend:

Name_____

Please print your name as you want it to appear on your DONA certificate of attendance/completion.

Address_____

City, State, Zip_____

Phone #s (____)_____ Email: _____

Profession_____

How did you hear about the baby bump services birth doula workshop?

Please list any training you have had in any field applicable to childbirth **(prior experience in childbirth profession is NOT required to attend):**

If you have children/have given pregnant or given birth and are willing to share this information please do:

of children____# vaginal births ____ # cesarean births____# vbacs ____

You need not have given birth to be a doula!

Please include a separate sheet of paper and share how you came to be interested in this workshop and your experience with birth, if any.

If you have given birth, please tell me what you think I would need to know about your experience. Write as little or as much as you want.

Name: _____

Phone: _____ Email: _____

Please mark the appropriate fee schedule for which you are registering:

Registration for the Birth Doula Workshop (BDW) includes the 4-day workshop, extensive manual, coffee/tea and snacks.

SECTION A TUITIONS:

Undiscounted tuition:

14 days or less prior to the workshop \$450.00

\$450.00 _____ Option: NON REFUNDABLE Deposit: \$125.00 _____ Balance of \$325.00 to be paid IN CASH at workshop.

Early-Bird Discounts: Please carefully check a calendar for discount date deadlines and balance due dates. YOU MAY SEND A DEPOSIT OF \$125.00 as long as the balance is paid by the early bird discount date!

30 days prior to the workshop \$435.00

\$435.00 _____ Option: Deposit of \$125.00 _____ Balance of \$310.00 to be paid 45 days prior to workshop

45 days prior to the workshop \$405.00

\$405.00 _____ Option: Deposit of \$125.00 _____ Balance of \$290.00 to be paid 45 days prior to workshop

60 days prior to the workshop \$375.00

\$375.00 _____ Option: Deposit of \$125.00 _____ Balance of \$250.00 to be paid 60 days prior to workshop

SECTION B BUDDY DISCOUNTS

Save more...attend with a friend: Additional discounts are available to each registrant if you send in your registration forms and payments together!

You'll receive a discount of:

\$20/each for two people

\$30/each for three people

\$40/each for four or more people

*These discounts can be taken in addition to Early-Bird Discounts

Please fill in the total for Section A and then subtract the total for Section B if applicable:

Section A. \$ _____ Postmarked by this early bird discount date: _____

Section B. -- \$ _____ My registration buddy(s) (registrations should be mailed together)

is/are _____

My total registration: \$ _____

\$ _____ ENCLOSED.

\$ _____ Balance Due

To be paid by: _____ (corresponding early bird deadline of the workshop you will be attending.)

PLEASE MAKE A COPY OF THIS REGISTRATION AND RETAIN FOR YOUR RECORDS. PUT DUE DATE ON YOUR CALENDAR SO BALANCE OF TUITION IS SENT IN BY THE DEADLINE.

Make checks payable to: Baby Bump Services and mail to:

1471 N. Mansfield Place, Eagle, ID 83616