

Doulas Make Birth Better



Become One!

DONA International approved
Birth Doula Workshops
Kyndal May, MFA, AdvCD/BDT(DONA), FACCE

www.babybumpservices.com



It's no coincidence ...

... you found this workshop or *it found you.*

You are yearning for work that is meaningful and makes a difference. And you are passionate about childbirth, new families, breastfeeding, babies or all of the above. If so, being a birth doula may be the profession you have been looking for or the foundation for your work as a lactation specialist, midwife or nurse.

This 4 day, 30-hour workshop was developed from the experience of supporting expectant and new parents for over 20 years. It is a thorough, thought-provoking, workshop where you'll learn evidence-based information and experience rich, hands-on learning. You will leave with confidence to begin your work as a doula.

Why DONA International?

DONA International has been training and certifying doulas since 1992. With certification that is recognized and respected worldwide, the DONA International Certified Doula can rest assured that both care-providers and clients identify DONA's value for setting the industry standard.

This workshop fulfills two of the requirements for DONA International Birth Doula Certification. The [certification process](#) will be covered in the course of the training.

Certification
that is
recognized
throughout
the world.





About Your Instructor

Kyndal May, MFA, LMP, AdvCD/BDT(DONA), FACCE

Kyndal May has been an active, private practice childbirth professional for 25 years, attending nearly 400 births. As a DONA-approved Birth Doula Trainer and a Lamaze Certified Childbirth educator, she has well over 5000 hours of experience teaching expectant parents and doulas.

A frequent speaker at conferences, Kyndal is a storyteller and facilitator; a confidence and commUnity builder and her unique education platform is used by childbirth educators in the US and abroad.

She has volunteered for DONA International since 2011 serving as their Director of Education from 2015-2017. She is currently the chair of the newly formed Idaho State Chapter of Postpartum Support International.

Kyndal's photography has been published in *The Essential Homebirth Guide*, *Birth Ambassadors: Doulas and the Re-emergence of Woman Supported Childbirth in the United States*.

“Kyndal’s passion is contagious and inspiring.”

What participants say:

“ This workshop was the best! It was rich in role-play and hands-on learning. I was glad it was not as much lecture and that we had the opportunity to practice our skills.”

“ I learned so much more than I expected. Coming into it I wondered how we would fill up four days. Now I want more! “

“ I feel like I really grew as a person. I not only learned about what means to be a doula, I learned a lot about myself and will apply many of things I learned in all my relationships – both personal and professional.”



Just a taste of what we cover in 4 full days...

Prenatal



Overview of History of Childbirth in the US
Models of Maternity Care
Pregnancy
Anatomy & Physiology
Fetal Development
Routine Prenatal Testing
Common Discomforts
Communication with Client
Informed Choice and Shared Decision-making
Interviewing
Prenatal Appointments
Cultural Awareness/Humility
Record Keeping
Loss and Greif
DONA International Scope of Practice and Code of Ethics

Birth



The Significance of Birth
Impact of Long-Term Memory of Birth
Benefits of Doula Support on Outcomes and Satisfaction
The Value of WHY
Normal Physiologic Birth
Stages of Labor
Physiologic Feedback Systems
Comfort Measures
Variations of Labor
Avoiding the Primary Cesarean Section
Complications
Pharmacologic Pain Management options – and doula support role when used
Positioning and Progress
Navigating the birth room

Postpartum



Immediate Postpartum
Breastfeeding
Initiating Breastfeeding
Postpartum Support
Postpartum Visits
Perinatal Mood and Anxiety Disorders
Therapeutic listening
Protocols for referral
Significance of Postpartum period
Communication with clients
Certification with DONA International
Business Basics
Defining your practice
Marketing Basics
Self-care and longevity

How You Will Learn...

“Kyndal May is at her best when she facilitates learning experiences.”



Intentional Learning

This workshop is designed to make learning clear, meaningful and fun. Kyndal uses a concentric model for introducing and re-introducing materials in context so you can connect meaning and value to the concepts in ways that anchor knowledge and skills that can be accessed later in your work.



Enjoyable Learning

You will work in pairs, small groups, larger groups, and in individual self-reflection. This workshop is rich in hands-on, experiential learning, discussion, and role-play. Multi-media is used sparingly, but is a part of an intentional curriculum designed to access all of your body-mind and reference your many different learning styles.



Meaningful Learning

People who are drawn to work that is meaningful are also drawn to workshops that leave lasting meaningful impressions on their lives. It is not unusual to hear that the workshop feels transformational and that participants feel they have learned skills that will help them be the best person they can be as well as the best doula they can be. You'll find YOU and your journey



June 23 - 26th, 2016 Boise, ID
www.babybumpservices.com



Become a doula!

Join Us at the next workshop!

Kyndal May Register Today

Kyndal@babybumpservices.com

208-695-7767

www.babybumpservices.com