

(Please read The Birth Partner, 4th Edition, by Penny Simkin before attending the workshop.)

Day 1 8:00 AM to 6:00 PM

Introduction to Childbirth Education for Doulas

Anatomy and Physiology of Pregnancy and Birth
Overview of the Birth Process - Video: Stages of Labor
Signs of Labor and Phases of First Stage
Support for Labor
Labor Care and Comfort Measures
Positions for Labor and Birth
Relaxation, Breathing and Focusing Techniques
Touch Relaxation
Second Stage and Birth
Newborn Appearance and Procedures
Labor Assessments
Complications in Childbearing
Medical Interventions, Medications, and Cesarean Birth
Beginning Breastfeeding
Postpartum Care and Recovery

Day 2 8:00 AM-6:00 PM

Birth Doula Workshop

Session 1 Introduction to Labor Support

Introductions and Overview
The Heart of Doula Work-Emotional Support
Sharing Birth Stories: "What Women Remember about Birth"
Listening for Needs
Five Elements of Doula Care

Session 2 Influences on the Childbearing Experience

Background Influences on Childbirth
Personal and Cultural Influences
Maternity Care Practices
The Gentle Birth Movement and "Ecstatic Birth"

Session 3 The Role of the Birth Doula

- History and Role of the Doula
- Benefits, Qualities, and Realities of Doula Work
- Working with Fathers/ Partners
- DONA Standards of Practice and Code of Ethics
- Birth Doula Certification Requirements

Session 4 Preparation for Labor and Birth

- Planting a Mental Garden
- Setting Intentions
- Creating a Safety Zone
- Birth Ambience

Day 3 8:00 AM-6:00 PM

Birth Doula Workshop

Session 5 Getting into Labor

- Pain Relief Tools
- Creating a Coping Collage
- The Labor Care Plan
- Optimal Fetal Positioning
- Going on Call and Attending the Birth

Session 6 Support in Labor

- Guidance in Early and Active Labor
- Emotional Support Role
- Positions, Comfort Measures and Massage
- Working with a Birth Partner

Session 7 Transition and Back Labor Helps

- Active Labor Rehearsal with Mother and Partner
- Transition-The Take Charge Routine
- Posterior Variation of Labor
- Back Pain Relief Measures

Session 8 Second Stage, Birth, and Early Postpartum

- Second Stage Guidance, Pushing and Birth
- Doula's Role in Immediate Postpartum
- Initiating Breastfeeding

Day 4 8:00 AM-6:00 PM

Birth Doula Workshop

Session 9 Role of the Doula in Difficult Births

Being a Maternity Care Team Member

The Advocacy Role

"What if, What next?" Exercises

Fast Labors

Induction of Labor

Prolonged Labor-Positions and Movements for Progress

Session 10 Supporting Difficult Births

Compassionate Care with Medications

Second Stage Progress Issues

Cesarean Birth Support

Session 11 Prenatal and Postpartum Client Contact

Initial Contact and Prenatal Interviews

Your Birth Package and Fees

Letter of Agreement

Labor and Birth Preferences

Addressing Special Needs/VBAC

Postpartum Home Visits

Debriefing the Birth

Session 12 Doula Challenges and Starting Your Doula Business

Values Clarification and Challenging Situations

Starting Your Business and Creating a Business Plan

Marketing and Promotion Tips