

DONA INTERNATIONAL BIRTH DOULA WORKSHOP

“Birth is not only about making babies. Birth is about making mothers—strong, competent, capable mothers who trust themselves and know their inner strength.”

— *Barbara Katz Rothman*

TO REGISTER FOR ANY OF OUR WORKSHOPS, PLEASE VISIT OUR WEBSITE.
WWW.BIRTHINGGENTLY.COM

Introduction

A woman’s strength lies within her and the right doula can help her connect with it. Doulas empower families on their journey through pregnancy, birth and the early days with a newborn, while at the same time building an empowering career for themselves!

Nurturing a woman while she is nurturing her baby is one of the most precious gifts you can give her. That gift is the work of a doula! Doulas teach, guide, and support mothers and couples as they transition into family life. Would you like to join in this incredibly rewarding work by becoming a certified birth doula? Do you know anyone else who might be interested?

Birthing Gently offers several DONA International-approved Birth Doula Workshops throughout the year. A complete list of workshop dates and locations can be found on the Birthing Gently website under “Professional Education” (www.birthinggently.com). This 3-day workshop is one of the most important steps to becoming a DONA International Certified birth doula. Tara Campbell, founder of Birthing Gently and instructor of this workshop, has trained over 7000 (as of 2018) birth doulas. She is a DONA International certified birth doula herself and has trained with DONA co-founder, Penny Simkin, to become a DONA International-approved birth doula trainer. In addition, she is a certified childbirth educator with the Lamaze Institute. She offers an engaging and unique teaching style, allowing all students the opportunity to learn in a supportive classroom environment.

(Please read Tara’s bio on the Birthing Gently website to learn more about her personal journey to becoming a birth doula and trainer. www.birthinggently.com)

Frequently Asked Questions

Please visit the Birthing Gently Professional Education page for a list of FAQ about the DONA International Birth Doula Workshop.

Workshop Description

The three-day workshop will include the “Introduction to Childbirth for New Doulas” as well as the 16-hour DONA International-approved Birth Doula Workshop. The workshop includes a printed version of your DONA International Birth Doula manual and access to the “Birth Doula Workshop Google Classroom” where you can find out power-point presentations and class handouts.

Day One: Introduction to Childbirth for New Doulas -7 hrs.

This class fills the requirement for DONA International's “Observation of a Childbirth Preparation” series. Topics to be covered: Basic anatomy & physiology of pregnancy, stages, and phases of labor, medication options, discomforts of pregnancy, and all general topics covered within a childbirth education class.

Day Two: Birth Doula Workshop -8 hrs.

Presents the dynamics of labor and birth, how to be a skilled companion during childbirth, and how to soothe and comfort a laboring woman. Topics to be covered: Introduction to labor support, prenatal contact between doula and client, emotional support, comfort measures, and the business aspects of a doula practice.

Day Three: Birth Doula Workshop -8 hrs.

Covers in-depth labor support strategies, the role of the doula within the medical framework, guidelines for pre- and postnatal contact with clients, how to deal with problem labors and unexpected outcomes, how to contribute to breastfeeding success, and specific tips for setting up practice as a doula. Topics to be covered: cesarean birth, VBAC, postpartum contact between doula and client, difficult labors, the newborn and breastfeeding.

Workshops typically run Friday early afternoon - evening, & all day Saturday and Sunday. However, these hours may vary by workshop depending upon the availability of the meeting space. Our workshops will be held within a **20-mile radius** of the location listed. **Please be advised that the EXACT location is usually determined within two weeks of the workshop since the location is dependent upon class size. You will receive a confirmation email with all of the workshop information once the location is determined.** *Non-mobile infants are welcome to join the workshop with mom.

You will receive two certificates after completion of the full three days. One certificate will confirm you have attended the required Introduction to Childbearing Course (Held on the first day). The second certificate confirms your attendance & completion of the DONA Approved Birth Doula Workshop (Held on day two & three). Certificates will be distributed at the end of the third day.

Birthing Gently 978-314-5533, P.O. Box 5373 Bradford, MA 01835
doula@birthinggently.com

Tuition

Tuition for the three-day DONA International Birth Doula Workshop is **\$500.00**

- Payment Options include:
- Credit card (PayPal): Click on the button for the workshop you are interested in attending. Fill out the registration form and submit payment through PayPal. (Your PayPal payment will count as your registration. You do not have to have a PayPal account to make a payment using PayPal services.
- Some of our students have been able to set up an extended payment plan by using the PayPal Credit option on PayPal (if eligible).
- Check or Money order: Print out the registration by mail form (located on our professional education page at the Birthing Gently Website) and mail with payment to: Birthing Gently P.O. Box 5373 Bradford. MA 01835
- Please be sure to include **your** email address when registering as your confirmation and receipt are sent out via email about two weeks before the class starts. Please be sure to notify us of any email changes prior to the workshop.
- Please note: If you are interested in attending one of our scheduled workshops at Birthwise Midwifery School in Bridgton ME, please contact them directly 207-647-5968 for registration information.

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Refund & Cancellation Policy

Refunds are **ONLY** given if a workshop is canceled. For students with a medical or family emergency, a full credit towards any future workshop that is listed on the Birthing Gently website will be given. Please contact us at doula@birthinggently.com for this request.

Please note that workshops held outside of New England are subject to cancellation based on low enrollment (less than ten students). Often these workshops are then rescheduled for a future date. If the workshop is rescheduled, you will have the option to move into that workshop at no charge or receive a full refund.

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Earn Free Tuition with Workshop Sponsorship

Option One Requirements:

- Receive your tuition free with the registration of 8 other participants for a private workshop
- Promote the workshop locally within your community
- Select dates to accommodate your schedule (weekday or weekend)
- Provide workshop space

Option Two Requirements:

- Join an already scheduled Birthing Gently Birth Doula Workshop
- Invite 2 other participants to register with you (friends, family, coworkers) and receive your tuition free!

Breastfeeding Workshop For Professionals

This workshop is offered in conjunction with **SOME** of our already scheduled DONA International birth doula workshops. This 3-hour breastfeeding workshop covering the basics of breastfeeding is offered to birth- and postpartum-related professionals. This workshop fulfills DONA International breastfeeding education requirement for both birth and postpartum doulas. The classroom style option provides an interactive hands-on learning environment. Taught by Birthing Gentlys, Mary Rastauskas, RN, IBCLC. This class will run on a Saturday mornings 9:00am-12:00pm, prior to the start of Day Two of the Birth Doula Workshop. This is a great opportunity to fill an additional requirement towards certification. Registration can be done through our website. You can register for this class independent from the scheduled birth doula workshop, or in conjunction with the scheduled workshop. Registration Fee \$150.00

Business Documents For Birth Professionals **This is not the certification packet.*

Stay organized with our Birth Doula/Client Business documentation packet. Don't re-invent the wheel. Your purchase includes one copy (Microsoft word document) sent via email. Upon the purchase of this packet, Birthing Gently grants you permission to reproduce the enclosed documents for use within your doula practice; you are not permitted to re-sell any of our documents for profit. You are not permitted to use our business name. Our documents are broken up into individual pages for better time management. You will know when to start and stop during each encounter from the initial contact through postpartum. Open space is given at the top of each document so you may insert your logo or contact information. **\$75.00 – Purchase at the [Birthing Gently website](#).**

Documents include:

- o Contact Form
- o What to include in the interview packet
- o Doula / Client Contract Agreement
- o Prenatal Visit Questionnaire Form
- o Prenatal Phone Log
- o Labor & Birth Notes
- o Postpartum Follow-Up Form
- o Evaluation of Services
- o Doula practice