

Day One: Introduction to Childbirth Education for New Doulas

Definition & Role of a Birth Doula	<ul style="list-style-type: none"> • Understanding what a birth doula is • The doula's responsibilities and scope of practice
Models of Care, Providers, & Facilities	<ul style="list-style-type: none"> • Different types of birth settings • Roles of healthcare providers
Anatomy, Discomforts, Warning Signs, and Common Tests	<ul style="list-style-type: none"> • Basic pregnancy anatomy • Common discomforts and coping strategies • Warning signs and when to seek medical attention • Typical pregnancy tests and screenings
Fetal Position & Signs of Labor	<ul style="list-style-type: none"> • Fetal positioning and its impact on labor • Recognizing signs of labor onset
Stages & Phases of Labor, and Labor Progression	<ul style="list-style-type: none"> • Stages of labor and what to expect • Phases within each stage
Childbirth Education Methods	<ul style="list-style-type: none"> • Lamaze, Six Healthy Birth Practices • Movement in Labor • Fear-tension-pain cycle, emotional support in labor • Patient Rights, Informed Consent & Informed Refusal • Nonpharmacological pain relief options • Medications, Induction & Interventions • Pushing techniques and positions
Breastfeeding Basics	<ul style="list-style-type: none"> • Nutritional Benefits • Health Benefits for Birthing Person & Baby • Emotional & Bonding Benefits • Economic & Practical Benefits • When to Seek Help
The Newborn	<ul style="list-style-type: none"> • Physical characteristics • Common features • Newborn procedures • What's normal and when to seek help

Day Two: DONA International Birth Doula Workshop

<p>Introduction to Cesarean Birth</p>	<ul style="list-style-type: none"> • Definition and types of cesarean sections (planned vs. emergency) • Reasons for cesarean birth • What to expect before, during, and after surgery • Recovery process and postpartum considerations • The Doula's Role During Cesarean Birth
<p>High-Risk Birth & Unexpected Outcomes</p>	<ul style="list-style-type: none"> • Understanding high-risk pregnancy factors • Supporting clients through interventions & complications • Handling unexpected outcomes with compassion • Collaborating with medical teams
<p>Introduction to DONA International</p>	<ul style="list-style-type: none"> • History and mission of DONA International • Benefits of Membership
<p>Communication, Empathy & Inclusive Language</p>	<ul style="list-style-type: none"> • Importance of respectful and empathetic communication • Using inclusive language with diverse families • Active listening skills • Navigating difficult conversations with sensitivity
<p>Support in Labor: Comfort Measures, Positions, and Coping Strategies</p>	<ul style="list-style-type: none"> • Non-pharmacological comfort techniques • Effective positioning for labor and cesarean support • Breathing techniques and relaxation methods • Partner and doula support strategies • Preparing for different labor scenarios
<p>The Hormones of Pregnancy, Labor, Birth, and Postpartum</p>	<ul style="list-style-type: none"> • Key hormones involved: oxytocin, prolactin, adrenaline, & others • How hormones influence labor progression and bonding • Hormonal changes postpartum and their effects

Day Three: DONA International Birth Doula Workshop

<p>The Doula Business, Birth Interview & Services</p>	<ul style="list-style-type: none"> • Building and marketing your doula practice • Conducting effective birth interviews • Scope of doula services and client expectations • Creating service packages and contracts • Setting boundaries and professional boundaries
<p>Maternal Mental Health and PMADS</p>	<ul style="list-style-type: none"> • Understanding maternal mental health issues • Common PMADS: depression, anxiety, OCD, PTSD • Supporting clients and referring to professionals
<p>Conflict Resolution and Birth Equity</p>	<ul style="list-style-type: none"> • Addressing conflicts with clients, families, & medical staff • Promoting respectful, inclusive, & culturally competent support • Understanding birth disparities and advocating for equity • Strategies for effective communication and conflict resolution
<p>Lifestyle of a Doula</p>	<ul style="list-style-type: none"> • Daily routines and self-care practices • Maintaining boundaries and avoiding burnout • Continuing education and professional development • Building a sustainable doula business
<p>Prenatal Doula Support</p>	<ul style="list-style-type: none"> • Providing emotional and informational support during pregnancy • Education on birth options and preparing for labor • Creating personalized birth plans • Building trust and rapport with clients
<p>Community, Culture, & Religious Preferences</p>	<ul style="list-style-type: none"> • Respecting diverse cultural and religious practices • Incorporating cultural competence into support • Navigating cultural sensitivities and preferences • Building community partnerships
<p>Birth Satisfaction, Memory & The Postpartum Visit</p>	<ul style="list-style-type: none"> • Factors contributing to birth satisfaction • Helping clients process their birth experience • Conducting postpartum visits • Supporting postpartum mental health and bonding
<p>Review of Birth Scenarios</p>	<ul style="list-style-type: none"> • Case studies and role-playing different birth situations • Problem-solving and decision-making exercises • Applying knowledge to real-life scenarios
<p>DONA International Certification Overview</p>	<ul style="list-style-type: none"> • Certification requirements and process • Preparing for certification and ongoing education • Maintaining certification standards • Resources for certified doulas and continuing growth