

## Qualified Instructors

### Ginny Ross, M.ED.,BSN, RN



DONA Certified  
Doula and Trainer  
Co-Founder,  
Doula Foundation of  
Mid-America

### Loa Freeman, BS, E-RYT 500



President/CEO,  
Success Naturally  
Co-Founder,  
Doula Foundation of  
Mid-America

### Julie Randolph, BS, IBCLC



Nutrition and  
Breastfeeding  
Coordinator,  
Springfield/Greene  
County W.I.C.

## Course Information

### Times

#### Friday, October 7, 2011\*

*Birth Doula Workshop 1pm-4pm*

#### Friday, October 7, 2011\*

*Breastfeeding Workshop 6pm-9pm*

#### Saturday, October 8, 2011\*\*

*Birth Doula Workshop 8am-5pm*

#### Sunday, October 9, 2011\*\*

*Birth Doula Workshop 8am-5pm*

\*Snack provided (Friday)

\*\*Snacks and lunch provided (Saturday & Sunday)

### Location

Doula Foundation of Mid-America  
2130 N. Glenstone  
Springfield, MO 65803

### Fees

Birth Doula Workshop \$350\*  
Breastfeeding Workshop \$50\*  
Both Workshops \$400\*

\*Register for one or both classes with  
**\$50 non-refundable deposit due by  
September 15, 2011.**

*\*Registration Confirmation via E-mail  
will be sent*

**Remaining Balance** due at  
time of Class

### Payment

Credit Card, Personal Check or  
Money Order payable to **Success Naturally**

*Cash payments accepted at time of  
workshop only.*

*Receipts issued on first day of class.*

SUCCESS NATURALLY



*“Bless  
This  
Child”*



*Birth Doula  
&  
Breastfeeding  
Workshop*

**October 7-9, 2011**

# Birth Doula Workshop



**Prerequisites:** The **only** requirement for this class is a strong desire to serve women and to be interested in the birthing process.

Accomplishing as much advanced preparation as possible will enhance your success in this course. I would recommend starting the required reading listed on [www.DONA.org](http://www.DONA.org). The courses will complete two of the certification requirements.

**On completion of the workshop, participants will be able to:**

- Identify the significance of birth to women and their families
- Define the role of the Doula
- Define the DONA scope of practice and code of ethics for the Doula
- List benefits of continuous support on obstetrical and psychological outcomes
- Describe the emotional and physical needs of laboring women and their partners
- Demonstrate comfort measures and optimal labor positions for laboring women
- List three non-pharmacological methods for relief in labor
- Discuss the Doula's role in the prenatal and postpartum visit
- Discuss the Doula's role during a caesarean birth and in the immediate postpartum period
- Explain the ways a Doula may gain credentials
- List the benefits of providing clients with resources
- Identify the ingredients to creating a successful Doula business with satisfied clients

**DONA Approved**

An intensive doula training by Doulas of North America (DONA). The course is for anyone interested in assisting women and their families to have a satisfying birth experience.

**MONA Approved**

This continuing nursing education activity was approved by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must complete 85% of each session to receive MONA contact hours.

# Breastfeeding Workshop

Springfield/Greene County WIC



**Breastfeeding Workshop\***

**The goal of this education is to provide the participant with the knowledge base and skills to support breastfeeding with loving support.**

The Workshop will include:

- Benefits of breastfeeding for Mother, Infant, and Society
- Nutrition during lactation
- Maternal medications
- Breastfeeding counseling
- Physiology of human milk and the breast
- Breastfeeding positions (correct latch)
- Maternal trouble signs
- Infant assessment
- Milk supply and supplementation
- Employed mother
- Breastfeeding and maternal illness
- Checklist for the Doula and Mothers

*\*This Workshop meets the Birth Doula Certification Requirement for a Breastfeeding Class*



## Birth Doula & Breastfeeding Workshop

- Breastfeeding Workshop \$ 50.00
- Birth Doula Workshop \$ 350.00
- Both Workshops \$ 400.00
- MONA Certificate (RN's Only) \$ 15.00

Total Due \_\_\_\_\_

Today I will be making a payment by submitting:

- Non-refundable Deposit of \$50.00\* or
- Paying the full amount\*

\*Registration and deposit must be received by 9-15-2011

Name (To be printed on certificate of completion)

Address

E-mail

Phone

**Method of Payment**

- Check
- Money Order
- Visa/MasterCard

Credit Card # Exp. date 3 digit v-code

Signature Date

**Send Payment & Registration Form to**

Success Naturally, Inc.  
P.O. Box 14668  
Springfield, MO 65814

**For more information**

Contact: **Ginny Ross**

Phone: 417.883.1138 E-mail: [rossginny@gmail.com](mailto:rossginny@gmail.com)