



DONA-Approved Postpartum Doula Workshop

Location: Springfield, MO

Dates: January 20-22, 2012

Instructor: Debbie Young, CD(DONA), PCD(DONA), LCCE

563-370-4360

Debbie@BabyMatters.org

Have you always wanted to work with new families? Maybe your dreams can be fulfilled by becoming a postpartum doula. A DONA-approved Postpartum Doula Workshop is being held on Friday to Sunday, Jan 20-22, 2012 at Doula Foundation of Mid-America, 2130 N. Glenstone, Springfield, MO 65803. The class hours are from 8:30 – 6:30 each day.

A postpartum doula provides reassurance, support, and the belief that parents can and will be successful in nurturing their family including the newborn. Her support and information extend to all family members equally in her role of “nurturing the family”. A postpartum doula’s role is always changing to meet the needs of the specific family she is working with. The doula is a teacher and a source of information. She will provide reliable, evidenced-based information on maternal care, infant feeding and care, as well as ideas for integrating a baby into the family. She offers practical support with meal preparation and light household organization. The postpartum doula has a thorough knowledge of services, products, and professionals available in her community and offers quality referrals when they are needed.



About your instructor: Debbie Young is currently a certified birth and postpartum doula with DONA International. She was the president of DONA International from 2007 to 2009 and is a DONA-approved birth and postpartum trainer. She is a Lamaze certified childbirth educator and owns two stores in Iowa that are dedicated to serving the non-medical needs of women and families in the childbearing year. She has five children and has been married to the same wonderful guy for over 34 years. Debbie has been working with families as a childbirth educator and doula for over 24 years and has worked with well over 3000 people in those capacities.

For the 27 hour DONA-Approved Postpartum Doula Workshop, we will be covering the following topics:

- Introduction
- DONA Certification and Membership
- Values Clarification
- Prenatal Contact
- Effective Listening
- Integrating the Birth Experience
- Grief and Loss
- Postpartum Doula Basics
- Referrals
- Integrating a Baby
- Multiples
- Breastfeeding
- Postpartum Educating Clients
- Postpartum Physical Changes
- Newborn and the Doula
- Postpartum Mood Disorders
- Rehearsal of Learned Skills

Prerequisites that must be completed BEFORE attending the workshop:

Read one required book from each of the following three categories

Becoming a Mother (choose one)

The New Mother: Eagan

Misconceptions: Wolf

Ourselves as Mothers: Kitzinger

Mothering the New Mother: Placksin

The Year After Childbirth: Kitzinger

The Newborn (choose one)

Your Amazing Newborn: Klaus and Klaus

The Mind of Your Newborn Baby: Chamberlain

Infancy: Field

The Year After Childbirth: Kitzinger

Touchpoints: Brazelton

The Vital Touch: Heller

The Baby Book: Sears

Breastfeeding (choose one)

The Ultimate Breastfeeding Book of Answers: Newman

The Breastfeeding Answer Book: La Leche League

Breastfeeding Made Simple: Morbacher and Kendall-Tackett

www.DONA.org has some of these books

Breastfeeding preparation: The participant must have **completed** ONE of the options listed

1) Lactation consultant, breastfeeding peer counselor or community breastfeeding educator training 2) On-line breastfeeding study program with proof of completion (i.e.

<http://www.breastfeedingbasics.org/>) or 3)

Participation in a breastfeeding class/ workshop taught by a breastfeeding professional for doulas, nurses, etc. minimum of 3 hours (not a LLL series).

You are also asked to use the form below the registration to interview a woman over 60 **and** one who has had a baby in the last 3 years about the postpartum time with one of her babies. *Please bring these interviews to the workshop.* ****OPTIONAL****

This workshop is approved for the workshop requirement of the DONA International postpartum doula certification process. The workshop includes an extensive workbook. Light snacks will be provided on all days and you can bring other food to suit your needs. Lunch will be on your own but we often go out together. Babies under 3 months who are nursing are welcome to attend the workshop. Other nursing babies can be brought in to nurse and taken out when they are finished throughout the day. Please respect the other learners need to focus on the class material.

To learn more about certification, see www.DONA.org and look under Professional Development then Certification Overview. We will also be going over all the requirements in the class. You do not have to be a member or purchase your certification packet before you come. You will have to purchase the certification packet before you begin attending families in order for those visits to count toward certification but you also have to take your workshop before your jobs count for certification. You can purchase them later if money is tight or you will not start attending births immediately. You can purchase membership any time before you turn in your completed certification packet.

The cost for the workshop is \$500. **Save \$50** by registering 30 days in advance, only \$450.

If you need to arrange for a payment plan, please let me know.

Cancellation Policy: Requests must be received in writing 2 weeks before the first day of the workshop. Refunds, less a \$100 administrative fee, will be distributed only to those who cancel before 2 weeks before the first day of the workshop. Cancellations may be mailed to registration address. In the instance of circumstances beyond our control, we reserve the right to cancel the program with full refund or using tuition to apply to future workshops at the student's discretion.

A \$30 fee is charged for all NSF or returned checks.

Registration

Springfield, MO Jan 20-22, 2012 PDW

Name:

Address:

City, State, Zip:

Phone(s):

Email:

Where did you hear about the workshop?

A little about yourself... Please check all that apply:

_____ Childbirth Educator -
Method:

_____ Doula – Birth or Postpartum?
Certified? By whom?

_____ Mother - How many children?

_____ DONA member - How long?

_____ L & D Nurse-How long?

_____ Other, explain:

Tuition Enclosed:

27 hr. in-depth workshop - \$500_____ **Save \$50** by registering 30 days in advance \$450_____

<p>I have completed/will complete the prerequisites before the workshop _____ I took the on-line breastfeeding class OR _____ I took a breastfeeding class for professional of at least 3 hours (bring outline and instructor credentials)</p> <p>I am reading (will complete) the following Becoming a Mother book _____</p> <p>I am reading (will complete) the following Newborn book _____</p> <p>I am reading (will complete) the following Breastfeeding book _____</p>

Print this page and mail it to the address below with your tuition.
Or fill this out and return it via e-mail and call to use debit or credit card.

Make Checks payable to:

**Debbie Young
PO Box 336
Lowden IA 52255
563-370-4360**

Please remember to enclose payment with registration.

THANK YOU!

(Doula students, please use this as a *general guideline*. You don't have to get all of the questions answered. The interviewee may only want to share some of the information with you, and that is okay. Please pay attention to her feelings about the events and what type of details she remembers. **Please write or type the STORY on a separate sheet(s)** and attach this paper to verify if they would be willing to have the interview used for future research. Be sure to do **2 stories**, one mom over 60, one mom who gave birth in the last 3 years.)

Current age of Interviewee:

Year of Birth she is describing:

Age at Birth she is describing:

General feelings about the birth:

Was it a vaginal birth or a cesarean birth?

When did you first get to see your baby? Describe the experience:

When did you first get to hold your baby? Describe the experience:

Did your baby stay with you or go to nursery? Was this your choice or hospital policy? How did you feel?

How many days did you stay in the hospital? How did you feel about that?

Were you prepared to care for a newborn when you got home? How did this make you feel?

Did you feel recovered enough from the birth to care for a newborn when you got home?

In the postpartum time, who (family members, friends) were you supported by? How did you feel about that?

What level of support did you receive? (always there – how long, only in first few days, only during day, etc.)

What was the role of your husband or partner in your postpartum time? Did he/she feel supported?

Were there any clinical people (nurse, midwife, doctor) supporting you in your home? How did you feel about them?

Did you expect/want to breastfeed? How long did you breastfeed?

Did you use formula, if so what type or what recipe? How did the baby react to this?

Were you satisfied with your choice of feeding your newborn?

Where did you gather most of your education to care for your newborn?

What part of being a new mom or a mom with a new baby made you feel the most confident?

What was more concerning to you?

If a postpartum doula or other professionally trained helper was available to help you in this time, would you have liked to have this type of assistance?

Any other information you'd like to share:

Would it be okay if this interview was used in future research on the subject of birth and postpartum? No names will be used.

No Yes If yes, please sign here _____ Today's Date _____