



# Postpartum Doula Workshop

At the Doula Foundation of Mid-America

2130 N. Glenstone, Springfield, MO

On Jan 20 – 22, 2012

Instructor: Debbie Young

**Doula is the Greek word for a woman who serves. In America, it has come to mean “a woman experienced in childbirth who provides continuous physical, emotional, and informational support to the mother before, during and just after childbirth.”**

**(Klaus, Kennell and Klaus The Doula Book)**

**Serving the needs of women and families in the “childbearing year” is a special calling. Understanding the needs of a postpartum woman and family and their desires help the doula meet the woman’s goals for the weeks following birth.**

**If you work with or would like to work with postpartum women and families, consider taking the Postpartum Doula Workshop. You will learn about:**

**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**



**Upcoming workshop:**

**Jan 20-22, 2012 8:30 a.m. to 6:30 p.m.**

**Location: Springfield, MO**

**For a brochure, call Debbie Young at 563-370-4360**

**or e-mail: [Debbie@BabyMatters.org](mailto:Debbie@BabyMatters.org)**