

What is a Doula?

An anthropologist, Dana Raphael, coined the word Doula in the 1970's in her book, *The Tender Gift*, which discusses the benefits of women teaching other women about mothering. In referring to a Doula, it is a woman, who nurtures a new mother and her family, provides education, encouragement, and physical and emotional support, to help the new mother achieve a positive birth experience and an easier transition into motherhood and life with a newborn.

The postpartum Doula helps a mother tune into her baby's needs. By taking care of the mother's needs, the Doula allows the mother to focus on her baby. This, in turn, helps build the new mother's confidence in her abilities.

Training Dates and Fees:

Please check dates you are registering for.

Tenth Month Doula Services, Inc.
PO. Box 641114
Beverly Hills, FL 34464

Postpartum Doula Training

Provided by



www.tenthmonth.com

Training Doulas Today to
Serve Mothers of Tomorrow

About the Course

This workshop is a Doula of North America (DONA) approved training. It will satisfy DONA requirements for classroom hours.

The course is designed for those that are exploring new career options, or childbirth professionals and others already offering support to new and expectant families.

Throughout the class participants will engage in exercises, activities, and discussion designed to integrate new information with personal and professional experiences.

About the Instructor

Betsy Schwartz has been working as a professional postpartum Doula since 1992, and has been training postpartum doulas since 1995. Betsy established Tenth Month Doula Services, Inc., in South Florida in 1994, and is now offering Doula services in Citrus and Monroe counties in North Florida. Betsy is a founding member of the Coalition for Improving Maternity Services, Inc. (CIMS), and is President of the Birth Network of Florida, a non-profit corporation whose mission is to educate the community about the normalcy of birth.

Register now. Space is limited.

For more information on any of our trainings, or to schedule a training in your area call (352) 527-3550 or email betsy@tenthmonth.com.

Objectives

Upon completion of this course participants will be able to:

- Explain DONA doula's code of ethics, standards of practice and membership
- Discuss the roles and responsibilities of the postpartum doula
- Practice active listening
- List local and national resources
- Describe physical and emotional affects of childbirth on the new mother
- List risk factors and symptoms of postpartum depression
- Explore ways to support Dads and siblings
- Discuss breastfeeding as public health policy
- Identify possible breastfeeding challenges and discuss ways in which the doula can assist
- Explore breastfeeding in special circumstances
- List points to cover in teaching breastfeeding
- Summarize the significance of bonding/touch
- Describe newborn appearance
- Discuss daily care of newborn
- Explore infant sleep patterns, colic, and jaundice
- Discuss home safety issues
- Explain the grieving process
- Demonstrate the doula's role through case studies
- Strategize marketing ideas

Class participants must complete DONA prerequisites before attending this workshop. Please check the DONA website at www.dona.org or call DONA at (888) 788-3662 for this information, and for a full explanation of certification requirements.

POSTPARTUM DOULA TRAINING REGISTRATION FORM

Name _____
Address _____
City _____ State _____ Zip Code _____

Tel.# _____ Cell # _____
Pager# _____ Email _____

Website _____
Professional Title _____

Please see back of this form for dates and fees. A \$50.00 deposit is required with registration form. Total due two weeks prior to class.

If you cancel, we will retain a \$50.00 administrative fee. If we cancel, you will receive a full refund.

Checks payable to:

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