



Hello!

I am SO glad you are here! If you are reading this, it means you are ready! Maybe a little nervous, but mostly excited because you know you are this close to putting your birth doula workshop in your calendar!

All right, let's look at what this workshop is going to do for you...

I have designed The Baby Bump Services Birth Doula Workshop to give you all the skills and tools you need to begin your career as doula/birth professional. So in addition to preparing you to practice and thrive in this career, the workshop also fulfills *TWO* of the steps in the certification process for DONA International, the premiere doula certifying organization.

Through fun, interactive and meaningful activities I will prepare you for the work of the doula by being the doula to your learning experience. We will use texts, extensive supplementary literature, the Internet, apps, video/film & slides. You will see how you can use these same tools with your clients.

Through extensive hands-on practice and role-play we will build both theoretical knowledge and practical skills. I guarantee this will workshop be a rich and meaningful experience.

Through this intensive 4-day workshop you will build community with other doulas and together we will all explore and learn about:

- the anatomy & physiology of pregnancy, childbirth, postpartum and breastfeeding.
- research that supports the value and importance of the doula in modern maternity care
- emotions and psychological processes associated with labor and birth
- the role of the labor support person during the prenatal, labor and delivery, and post partum periods
- the importance of appropriate, culturally sensitive support
- support techniques for the laboring woman through measures that promote comfort and enhance progress
- helping clients discover what is most important to them and creating a plan to support what they value
- assessing and assisting the laboring mother through each phase and stage and labor and birth
- helping women and their partners to cope with normal labor as well as variations and complications
- the doula's scope of practice and ethical standards.
- practical aspects of setting up a doula practice, including the establishment of fees and records and a business plan template.

(More business training is available separately the Saturday night session)

You will *NOT* have training in clinical skills, which are outside the scope of practice of the doula. You *WILL* have the most thorough, in-depth and richly rewarding training that will prepare you for this special work as a birth doula.

Baby Bump Services Birth Doula Workshop

1471 N. Mansfield Place, Eagle, ID 83616 208-695-7767 kyndal@babybumpservices.com

Course Prerequisites

How do I prepare for the training? For the most satisfying experience it helps to be as prepared as possible. Many doula workshops require that you complete a childbirth class prior to your doula workshop.

THIS PREREQUISITE IS MET AS PART OF THIS 4-DAY WORKSHOP. The Childbirth Education is included. We recommend the reading be completed before the workshop, but do not let that prevent you from registering. You will learn so much during the workshop and you'll likely never stop reading and learning.

BEFORE THE WORKSHOP: You will, however, need to read **The Birth Partner, by Penny Simkin**, and to prepare through assignments I will send to you after registration. These assignments serve to enrich your experience but not doing them (if you find out about the workshop and register in the week before the start date, for example), will not significantly impact your learning experience.

Things you should know Being prepared prior to attendance makes a big difference, however, in the way you are able to implement the material offered in the curriculum. Having a working knowledge of the process of normal birth as well as common procedures in hospital maternity care will allow you to get the most you can out of the workshop.

First and foremost: You must bring the 4th Edition of The Birth Partner by Penny Simkin WITH YOU TO THE WORKSHOP.

To be most satisfied with this workshop and be able to implement the training offered with a greater sense of confidence, participants should already be familiar with the following:

- Anatomy of the reproductive system and breasts
- Physiology of pregnancy, birth, postpartum and breastfeeding
- Definitions of medical terms regarding labor
- Common procedures and tests used during normal birth, their risks and benefits
- Narcotic pain medication, administration and effects
- Epidural pain medication, administration and effects
- The cesarean procedure
- Normal newborn appearance and procedures
- Basic relaxation techniques, breathing patterns and other comfort measures for labor
- Benefits of breastfeeding

Course location Check the website www.babybumpservices.com. Upon receipt of your registration and tuition payment, you will receive an information packet. **To Sponsor a workshop (either the birth doula workshop or an advanced birth professional workshop) in your area, contact Kyndal May.**

Course Fees & Policies

4 Day Birth Doula Skills Training: \$450.00 (Be sure to look at the registration page for early-bird and exclusive limited time/limited space special offers. While these aren't for everyone, they might be right for you...so check the details.)

How You Can Register Please see the accompanying registration forms. Once your registration and tuition is received, you will receive a confirmation email when your registration has arrived.

Refund Policy If you cancel your registration more than 4 weeks prior to the workshop, you will receive a refund minus a \$75.00 processing fee. **There will be no refunds within 4 weeks of the start of the workshop unless there is a waiting list and your space is filled. You may apply your registration to another Baby Bump Services workshop. Students registered for the course will not receive refunds for any missed sections of the course and certificates cannot be issued for partial attendance.**

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Baby Bump Services Birth Doula Workshop Registration
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Please complete the registration form and send it with your deposit or tuition-in-full to the address above/below. Thank you.

Dates/Location of birth doula training you are registering to attend:

Name_____

Please print your name as you want it to appear on your DONA certificate of attendance/completion.

Address_____

City, State, Zip_____

Phone #s (_____)_____ Email: _____

Profession_____

How did you hear about the baby bump services birth doula workshop?

Please list any training you have had in any field applicable to childbirth (**prior experience in childbirth profession is NOT required to attend**):

If you have children/have given pregnant or given birth and are willing to share this information please do: # of children____# vaginal births ____ # cesarean births____# vbacs ____

You need not have given birth to be a doula!

Please include a separate sheet of paper and share how you came to be interested in this workshop and your experience with birth, if any.

If you have given birth, please tell me what you think I would need to know about your experience. Write as little or as much as you want.

4-day Core Essential Workshop ONLY

Registrations MUST BE received 60 days PRIOR to the workshop. ~ \$375.00

_____YES! I Have Been Waiting for THIS Workshop. I am paying IN-FULL today. Thanks for celebrating my commitment! Enclosed is my payment of \$375.00!

4-day Core Essential Workshop ONLY

Registrations MUST be postmarked 30 days PRIOR to the workshop ~ \$425.00

_____YES! I am excited about this Workshop. I am IN. Enclosed is my payment of \$425.00

Registrations received within 15 days of workshop ~ \$450.00 - CASH OR CREDIT CARD ONLY

_____YES! I am excited about this Workshop. I wish I had known earlier but I am glad I made it! Enclosed is \$450.00

PLEASE MAKE A COPY OF THIS REGISTRATION AND RETAIN FOR YOUR RECORDS.

Make checks payable to: Baby Bump Services

Mail to: 1471 N. Mansfield Place, Eagle, ID 83616

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