

# Doulas Make Birth Better



## Become One!



DONA International approved  
Birth Doula Workshops  
Kyndal May, MFA, LMP, CD/BDT(DONA), LCCE

[www.babybumpservices.com](http://www.babybumpservices.com)



## It's no coincidence ...

...you found this workshop or *it found you.*

You are yearning for work that is meaningful and makes a difference. And you are passionate about childbirth, new families, breastfeeding, babies or all of the above. If so, being a birth doula may be the profession you have been looking for or the foundation for your work as a lactation specialist, midwife or nurse.

This 4 day, 30-hour workshop was developed from 20+ years experience supporting expectant and new parents. It is a thorough, thought-provoking, workshop where you'll learn evidence-based information and experience rich, hands-on learning. You will leave with confidence to begin your work as a doula.



# Why DONA International?

Certification  
that is  
recognized  
throughout  
the world.

DONA International has been training and certifying doulas since 1992. With certification that is recognized and respected worldwide, the DONA International Certified Doula can rest assured that both care-providers and clients identify DONA's value for setting the industry standard.

This workshop fulfills two of the requirements for DONA International Birth Doula Certification. The [certification process](#) will be covered in the course of the training.





## About Your Instructor

Kyndal May, MFA, LMP, CD(DONA), BDT(DONA), LCCE

Kyndal May has been an active, private practice childbirth professional for 21 years, attending over 300 births. As a DONA-approved Birth Doula Trainer and a Lamaze Certified Childbirth educator, she has well over 4000 hours of experience teaching expectant parents and doulas.

A frequent speaker at conferences, Kyndal is a storyteller and facilitator; a confidence and community builder and her unique education platform is used by childbirth educators in the US and abroad.

She has volunteered for DONA International since 2011 and currently serves as Director of Education.

Kyndal's photography has been published in *The Essential Homebirth Guide*, *Birth Ambassadors: Doulas and the Re-emergence of Woman Supported Childbirth in the United States*.

*"Kyndal's passion is contagious and inspiring."*



## What participants say:

“ This workshop was the best! It was rich in role-play and hands-on learning. I was glad it was not as much lecture and that we had the opportunity to practice our skills.”

“ I learned so much more than I expected. Coming into it I wondered how we would fill up four days.  
Now I want more! “

“ I feel like I really grew as a person. I not only learned about what means to be a doula, I learned a lot about myself and will apply many of things I learned in all my relationships – both personal and professional.”



# What You Will Learn:

Just a taste of what we cover in 4 full days...

## Prenatal



Overview of History of  
Childbirth in the US  
Models of Maternity Care  
Pregnancy  
Anatomy & Physiology  
Fetal Development  
Routine Prenatal Testing  
Common Discomforts  
Communication with Client  
Informed Choice and  
Shared Decision-making  
Interviewing  
Prenatal Appointments  
Cultural Awareness/Humility  
Record Keeping  
Loss and Greif  
DONA International Scope of  
Practice and Code of Ethics

## Birth



The Significance of Birth  
Impact of Long-Term Memory  
of Birth  
Benefits of Doula Support on  
Outcomes and Satisfaction  
The Value of WHY  
Normal Physiologic Birth  
Stages of Labor  
Physiologic Feedback Systems  
Comfort Measures  
Variations of Labor  
Avoiding the Primary  
Cesarean Section  
Complications  
Pharmacologic Pain  
Management options – and  
doula support role when used  
Positioning and Progress  
Navigating the birth room

## Postpartum



Immediate Postpartum  
Breastfeeding  
Initiating Breastfeeding  
Postpartum Support  
Postpartum Visits  
Perinatal Mood and Anxiety  
Disorders  
Therapeutic listening  
Protocols for referral  
Significance of Postpartum  
period  
Communication with clients  
Certification with DONA  
International  
Business Basics  
Defining your practice  
Marketing Basics  
Self-care and longevity



# How You Will Learn...

*"As a doula trainer/mentor, Kyndal is at her best."*



## Intentional Learning

This workshop is designed to make learning clear, meaningful and fun. Kyndal uses a concentric model for introducing and re-introducing materials in context so you can connect meaning and value to the concepts in ways that anchor knowledge and skills that can be accessed later in your work.



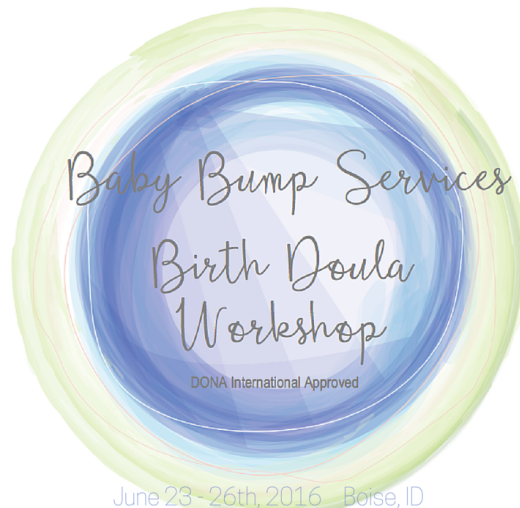
## Enjoyable Learning

You will work in pairs, small groups, larger groups, and in individual self-reflection. This workshop is rich in hands-on, experiential learning, discussion, and role-play. Multi-media is used sparingly, but is a part of an intentional curriculum designed to access all of your body-mind and reference your many different learning styles.



## Meaningful Learning

People who are drawn to work that is meaningful are also drawn to workshops that leave lasting meaningful impressions on their lives. It is not unusual to hear that the workshop feels transformational and that participants feel they have learned skills that will help them be the best person they can be as well as the best doula they can be.



June 23 - 26th, 2016 Boise, ID  
[www.babybumpservices.com](http://www.babybumpservices.com)



Become a doula!  
Join Us at the next workshop!

Kyndal May

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