

Topics Covered in the Yoga Mamas Birth & Postpartum Doula Workshop

1. Understanding the history and traditions of birthing and how it has evolved over hundreds of years
2. History of DONA International
3. Definition of a doula and the aspects of doula support
4. Review studies that examine the impact of doulas on labor and birth
5. The long term impact and significance of the birth experience
6. Prenatal contact with the client and basic doula business tips
7. Develop communication skills and values that are inclusive and empathetic
8. Emotional and psychological processes of labor and birth AND specific suggestions for psychological and emotional support of the birthing parent
9. Comfort measures and non-pharmacologic techniques for pain management and labor enhancement
10. The impact of common medical interventions on labor, and the doula's role in assisting with informed decision making
11. Birthing person's experiences of cesarean birth, vaginal birth after cesarean, and the doula's role
12. The doula's role with the newborn, immediate postpartum and initiation of breastfeeding
13. The postpartum visit; appropriate topics to discuss with clients
14. DONA Code of Ethics (COE) and Standards of Practice (scope of practice) for the doula
15. How to grow your business
16. Information about DONA membership and review of the birth doula certification process
17. How labor interventions impact the postpartum experience
18. Why families need doula support and the role of and work of the postpartum doula
19. How to facilitate bonding and attachment between parent and baby

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20. Infant care and feeding
21. Sleep/wake/feeding cues
22. Calming a baby, baby wearing, infant massage, grief and loss
23. Postpartum Mood Disorders and common physical and emotional changes in the Postpartum period
24. Integrating the baby into the family; helping parents/siblings/family members and pets adjust to their changing roles
25. Supporting families with babies who are premature, have special needs, and/or have multiples

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Both the Birth and Postpartum Doula workshops cover information about DONA international, steps toward certification, communication skills with opportunities to see how these are applied, standards of practice and code of ethics, when and who to refer to when necessary, safety for the doula and the family, boundaries, cultural considerations, working with other professionals, finding clients, and client intake and paperwork. If these are facilitated to the same group of participants, the hours required are slightly reduced, as there is no need to cover the above material twice.

The Birth Doula workshop consists of 23 hours of training that includes maternal changes and fetal development, pre term labor, signs and stages of labor, comfort measures, emotional and physical experiences of a birthing parent, how to support partners/other support people, the hormones of labor, stress as it relates to labor, challenging birth situations, interventions, medical pain relief options, pushing and birth, greeting baby, and breastfeeding initiation, as well as a few other birth related topics. The Birth Doula workshop includes “Childbirth Education for Doulas”, which is required for certification and lays the foundation for the workshop material. A DONA birth Doula manual is included, and participants are offered ongoing support and education following the workshop.

The Postpartum Doula workshop consists of 27 hours of training, and some of the topics covered are how labor interventions impact the postpartum experience, why families need doula support, the role of and work of the postpartum doula, bonding and attachment and how to facilitate this, empowering parents and working your way out of a job, infant care and feeding, sleep/wake/feeding cues, calming a baby, baby wearing, infant massage, grief and loss, Postpartum Mood Disorders, pumping and supplementing, common physical and emotional changes in the Postpartum period, integrating the baby into the family, helping parents/siblings/family members and pets adjust to their changing roles, supporting families with babies who are premature, have special needs, with multiples, and parenting trends. A DONA Postpartum Doula manual is included, and participants are offered ongoing support and education following the workshop.

At the completion of the workshops, many participants have reported that the tools and skills that they have learned have been transferrable in their work and personal lives. Specifically, participants have said that their ability to truly listen to others, to hold space in challenging situations, and to empower others has increased due to the workshop material. Regardless of whether the participants have continued on to become certified, they have reported that the skills and knowledge that they have learned about the prenatal and postnatal period continue to be shared throughout their personal and professional lives, as there is always someone who is expecting or has just welcomed a baby into their lives.