



# Birth & Postpartum Doula Certification

## Course Outline

- About Birth it Forward
  - Course Outline
  - About Birth it Forward
  - Instructor Information
  - Certification Requirements

## Birth Work

- All About Doulas
  - What is a Doula?
  - Types of Doulas and their roles
- Birth Doulas
  - What is a birth doula?
  - Common Birth Consultation Questions
  - What is in our Birth Doula Bag
  - Book Club Assignment
  - Birth Doula Knowledge Check
- Attend a Childbirth Education Class and/or hold a valid CBE Certification
  - Assignment
- Standing Strong Advocacy Workshop
  - Workshop
  - Handouts
  - Knowledge Check
- Attend a Cultural Competency Class
  - Intro to Cultural Competency with Nadia Ingram
  - Providing Services & Support through Culturally Congruent Perspective
  - Book Club Assignment
  - Knowledge Check
- Social Detriment of Health Training
  - What Makes Us Healthy? Understanding the Social Determinants of Health
  - Addressing Social Determinants of Health (SDOH) with Rush University Medical Center



- TEDx Talk with Veronica Scott-Fulton
  - The Doula's Role and Social Determinants of Health (SDOH)
  - Handouts
  - Knowledge Check
- Basic Comfort Measures
  - Breathing Techniques for Labor
  - Touch and Massage for Labor
  - Movement and Position Changes for Labor
  - Meditation and Visualization
  - Example Meditation Visualization
  - Pity vs Encouragement in the Birth Space
  - Perineal Massage
  - Braxton Hicks Contractions
  - Bishop Score
  - Dilation
  - Best Foods for Labor
  - Best Drinks for Labor
  - Knowledge Check
- Cesarean Support and Recovery
  - Cesarean Basics for Doula's Workshop with Janice Ingram, CD/PCD, CHW-C, CBE/CEC
  - Benefits and Risks of Cesarean Birth
  - Preparing Your Client for a Cesarean Birth
  - Hospital Procedures to Prepare for a Cesarean Birth
  - Knowledge Check
- NICU Basics with a NICU Nurse: Jasmine Barr, RN
  - About your guest speaker
  - Workshop
  - Knowledge Check
- Postpartum Basics
  - Postpartum Care: Essential Tips for Recovery and Wellness After Birth
  - Knowledge Check
- Doula Natus Checklists
  - Workshop
  - Handouts
  - Knowledge Check

## For the Doula

- Intro to Business
  - Doula Business Mini Workshop by Blissful Beginnings
  - About your guest speaker



- Small Business Accounting with Rhian Dodd-Tovey
  - Handouts
- Beating Burnout: Secondary Trauma and Compassion Fatigue with Moriah Barr, LMFTA
  - About your guest speaker
  - Workshop
  - Knowledge Check
- NPI Number
  - Assignment
- HIPPA Compliance Training
  - Assignment
- CPR and First Aide Certification (valid for 2 years) - Additional estimated cost of \$15-\$35
  - Assignment
- ServeSafe Food Handler Certification (valid for 3 years) - Additional cost of \$15
  - Assignment
- Reading Assignments
  - Directions with Reading List PDF
  - Example Book Review
  - 3 Assignments
  - Knowledge Check
- Birth Attendance
  - Directions
  - Example Experience Review
  - 3 Assignments
  - Knowledge Check
- Resource List
  - Info
  - Assignment

## Postpartum Work

- Postpartum Doulas
  - What is a PP Doula
  - What to Expect in Postpartum Visit
  - Common PP Consultations Questions
  - Home Visit Safety
  - Knowledge Check
- Mother, Newborn Care and PMAD's for Doulas
  - Workshop
  - Handouts
  - Book Club Assignment
  - Knowledge Check on Mother & Newborn Care
  - Knowledge Check on PMAD's



- Attend a Breastfeeding Class and/or hold a valid Lactation Certification
  - About your guest speaker
  - Workshop
  - Book Club Assignment
  - Knowledge Check
- Final Knowledge Check
- Additional Training Resources
  - Missouri Doula Association Resource List
  - Lactation Education Resources
  - The Centre for Healing
  - Birth it Forward YouTube Channel