



# Expedited Birth & Postpartum Doula Certification

## Course Outline

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

## Birth Work

- Birth Doulas
  - Birth Doula Knowledge Check
- Attend a Childbirth Education Class and/or hold a valid CBE Certification
  - Assignment
- Standing Strong Advocacy Workshop
  - Knowledge Check
- Attend a Cultural Competency Class
  - Knowledge Check
- Social Detriment of Health Training
  - Knowledge Check
- Basic Comfort Measures
  - Knowledge Check
- Cesarean Support and Recovery
  - Knowledge Check
- NICU Basics with a NICU Nurse: Jasmine Barr, RN
  - Knowledge Check
- Postpartum Basics
  - Knowledge Check
- Doula Natus Checklists
  - Knowledge Check



## For the Doula

- Beating Burnout: Secondary Trauma and Compassion Fatigue with Moriah Barr, LMFTA
  - 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
  - Knowledge Check
- Mother, Newborn Care and PMAD's for Doulas
  - Knowledge Check on Mother & Newborn Care
  - Knowledge Check on PMAD's
- Attend a Breastfeeding Class and/or hold a valid Lactation Certification
  - 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