**About the Course**

This course is for anyone interested in assisting women and families to have a satisfying birth experience. It is designed to help participants become expert labor support providers. It uses texts and supplementary literature, video, and practical skills. Attendance constitutes one step in the process to become a DONA Int’l.-certified Doula (CD). On completion of the intensive 20-hour workshop, participants will be able to:

- Identify the significance of birth to a family.
- Define doula, labor support person, monitrice, and midwife and the scope of their practices.
- List benefits of a doula on obstetrical outcomes from 13 studies.
- Describe emotional and physical needs of laboring women and their partners.
- Demonstrate helpful labor positions, recognize onset of labor and identify progress during labor.
- Demonstrate non-pharmaceutical pain reduction methods.
- Discuss VBACs and Cesarean delivery and the role of the doula.
- Describe the doula’s role in the postpartum period.
- Discuss DONA International certification and membership.

**Prerequisites for the Doula Training**

Childbirth educators, nurses with labor and delivery experience, midwives or midwifery students and those who have attended another doula workshop have the appropriate experience. If a participant lacks the above experience, she should register to take the childbirth class offered through Mother’s Care which satisfies one requirement for doula certification. Introductory Workshop also satisfies this requirement for certification. (Instead of a CBE class.) The participant should also watch as many videos as possible, tour a hospital labor and birth unit, and begin reading required texts before the training. If possible, the participant should attend some births.

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**Cancellation Policy**

If you wish to cancel your registration you are not entitled to a cash refund. However, as a courtesy, we will allow you to apply your payment toward any future training within one (1) year from the date you cancel. Your payment is transferable. Please note that if you do not attend and you do not cancel as described above, you are responsible for the entire payment.

**Topics covered:**

- **Introduction to DONA Int’l.-Explanation of the criteria for doula certification, standards of practice, code of ethics and membership.**
- **Introduction to Labor Support-The long-term significance of birth to a woman and its application to maternity care today, plus a review of relevant research studies.**
- **Prenatal Contact Between Doulas and Clients-Record keeping, the birth plan, and meeting clients’ needs.**
- **Emotional Support in Labor-The emotional needs of the laboring woman and how to meet...**

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**Birth Doula Workshop for Certification with DONA International**

Sponsored by:

**Mother’s Care**

**Doula Services, Inc.**

Marlo D. Robinson, CCE, CD (DONA International & CAPPA), BSN, RN, ESQ.

Phone: 954-433-CARE (2273)
Fax: 954-438-3732
Email: momsdoula2@bellsouth.net

www.mothersdoula.com

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**Required Reading**

- *Pregnancy, Childbirth, and the Newborn* by Simkin, Whalley & Keppler.
- *The Birth Partner* by Simkin.
- *Mothering the Mother* by Klaus, Kennell & Klaus.
- *Special Women: The Role of the Professional Labor Assistant* by Perez.

Texts can be purchased online through the DONA International website at www.dona.org.

**About the Trainer:** Marlo Robinson has been a Childbirth Educator, Registered Nurse and Doula for 20+ years. Marlo is the founder and owner of Mother’s Care Doula Services, Inc. the largest and most established doula and childbirth company in South Florida. She is a DONA International-certified labor doula and is a CAPPA-certified postpartum doula.

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<table>
<thead>
<tr>
<th>Dates</th>
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<tbody>
<tr>
<td>January 29 – 30</td>
<td>May 6 – 7</td>
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<td>February 26 – 27</td>
<td>June 24 – 25</td>
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<td>March 25 – 26</td>
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<td>April 29 – 30</td>
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**Childbirth Education for Doulas**

Intro Workshop 9am-5pm

- January 28
- February 25
- March 24
- April 28

**Will fulfill one requirement for certification**
those needs and the “mind-body connection”.

Comfort Measures for Labor-Hands-on practice of numerous techniques for pain relief in labor that assist in the progress of labor.

Difficult Labors and Special Situations-Applications of knowledge and skills to hypothetical clinical challenges.

Cesarean and VBAC-Description of the emotional and physical needs of the woman, her partner and the baby.

The Newborn-The doula’s role in observation and in assisting with early breastfeeding.

Postpartum Contact Between Doula and Client-Purposes of the postpartum visit, and the importance of integrating the birth experience.

Role Modeling and Role Playing of Labor-An opportunity to rehearse labor support skills.

**Childbirth Education for Doulas**

“Introduction to Childbirth For Doulas”

Attending the Intro Workshop with Mother’s Care is optional but attending **HIGHLY recommended.** This workshop will focus on specific educational information not covered in the 2-Day Workshop for Certification. Taking this Workshop will fulfill the Childbirth Education Component (see Prerequisites for the Birth Doula Workshop).

**MENTORSHIP PROGRAM**

Mother’s Care strives to be an education center of excellence and works to assist Doulas in training and in meeting their certification requirements while receiving support from our experienced staff.

To that end we are pleased to offer our Mentorship Program which will provide you with some of the necessary components towards certification following the 2-day Birth Doula Workshop.

If you are interested in this Program  
Check Here  

**1 Birth Client for Certification = $100.00**

(Plus Support and Mentoring from MCDS Certified Staff)

**This is an optional service offered to assist new doulas in obtaining births for certification.**

**SEND REGISTRATION FORM AND PAYMENT TO:**

Mother’s Care Doula Services, Inc.  
2114 N. Flamingo Road, Suite 1261  
Pembroke Pines, FL 33028  
-OR-

Return via: Email, Fax  
Email – momsndoula2@bellsouth.net  
Fax# 954-438-3732

In order to confirm Registration this form and payments must be received 10 Business Days **BEFORE** Date of Training.