



# Birth Doula Training

DONA approved training hosted by  
Birth Roots Perinatal Resource Center

## Who Are We?

Birth Roots is a 501(c)(3) nonprofit organization devoted to removing obstacles to perinatal health by offering support from pregnancy through postpartum in a community setting. Birth Roots connects pregnant and postpartum families with information, resources and community.

## Our Trainers

Tara Powe is a certified Labor Doula (DONA), Certified Childbirth Educator (CAPP), and Approved DONA Doula trainer. She currently owns and operates "Birthing Gently" a doula service in Massachusetts.

*"The personal rewards I gained while working in labor and delivery were numerous. Becoming a Labor Doula was such a huge step for me; it meant leaving the "medical model" and providing a more personal approach to the care of my laboring families."*

Emily Murray and Leah Deragon of Birth Roots will welcome you on Friday with a special segment called "Centering in Service" You begin your weekend immersion into the realm of labor and birth by connecting to the emotional and spiritual aspects of serving a birthing family and connecting to others in this field and expanding your perspectives about labor and

## What is a Doula?

A doula (also known as a labor assistant) is a support person who offers one-on-one, non-clinical care and comfort to a woman and her family throughout labor and birth.

Research has demonstrated that when women in labor are attended by a doula:

- ⌘ Labors are shorter
- ⌘ There are fewer complications
- ⌘ There is less need for pitocin, forceps or vacuum extraction deliveries
- ⌘ There is less need for pain medication, epidurals or cesarean deliveries

## By attending this doula training you can...

- ⌘ Deepen your understanding of pregnancy and birth. You may or may not decide to complete the certification process.
- ⌘ Learn to provide support confidently in any setting—hospital, home or birth center.
- ⌘ Support families in achieving their desired birth experience and promote strong family bonds that begin with pregnancy and the birth process.
- ⌘ Earn an income for your services and be employed by families or clinics to sup-

### Birth Roots

101 State Street, Portland, ME 04101  
207-77-BIRTH (772-4784)  
email: [birthrootsinfo@gmail.com](mailto:birthrootsinfo@gmail.com)  
web: [www.ourbirthroots.org](http://www.ourbirthroots.org)

The primary role of the doula is to provide the hands-on physical and emotional support that guides families throughout their birth and earliest parenting experience. This workshop is one step toward DONA certification and will provide you with the foundation of information and practice you need to provide support to childbearing women and their families.



**What makes Birth Roots' training unique?** Birth Roots DONA doula training includes an overview of out-of-hospital birth, waterbirth, community networking and resource referrals. Birth Roots helps new doulas in Southern Maine find their first clients and provides ongoing professional support. You will be listed in our annual Perinatal Resource Guide and on the Birth Roots website if you choose.

## PREREQUISITES

There will be a lot of information covered in our three day workshop.

We hope you will take time prior to this workshop to investigate, research and prepare.

Please arrive at this workshop having observed a childbirth education series (or equivalent experience)

and having read *the following two books:*

- Klaus, Kennell, & Klaus; *The Doula Book*
- Simkin, Whalley, & Keppler; *Pregnancy, Childbirth and the Newborn, The Complete Guide, Revised*

*As well as one of the following:*

- Harper; *Gentle Birth Choices: A guide to Making Informed Decisions About Birthing Centers, Birth Attendants, Water Birth, Home Birth, Hospital Births*
- Gaskin; *Ina May's Guide to Childbirth*

*And one of the following:*

- Newman & Pitman; *The Ultimate Breastfeeding Book of Answers*
- Mohrbacher & Kendall-Tackett; *Breastfeeding Made Simple*

These books will be useful as an ongoing reference, it's not a bad idea to purchase (used?) copies to own, try amazon.com

Please start a journal devoted to your birth work, thoughts, and process. Bring this journal to the training so you have a place to reflect on your experience... begin now by journaling on the following:

- ⌘ Describe your own birth (of you, not your children). Research specific details if you don't already know them (if possible). How does your mother describe your birth? What is your own sense of how it happened? (Feel free to explore your grandmothers' births of your parents too!)
- ⌘ Beyond transitioning the baby from inside the womb to outside the womb, what other purposes do labor and birth have? (for baby? for the mother? father?)
- ⌘ Why is it important to improve the circumstances and quality of care for new and expectant families... what

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### The next step...

The following are requirements of the DONA certification process but **are not** required prior to your Birth Roots training:

- Purchase the Doula Certification Packet
- Completion of required reading list
- Attend a Breastfeeding class for professional
- Evaluations by three mothers (and their care provider) whose births you attended after beginning your certification process\*
- A type written essay on the value and purpose of labor support (500-1000 words).

For a complete list of requirements or to learn more please contact  
**DONA at [www.dona.org](http://www.dona.org)**

\*births attended or observed **prior to** purchasing your certification packet will not be included.

## Where will the Training be held?

The training will be at Birth Roots, 101 State Street, Portland, Maine.

To get here ...

Take exit 6A Forest Avenue from I295, bear right onto State Street at the first traffic light, go up the hill and cross Spring Street. Birth Roots is located on the side of 103 State Street.

Parking...

Parking in the West End of Portland is always a challenge. There is on street parking with no time limits beyond the Gray St-State St intersection. There is also a parking garage a few blocks away down Spring Street. Check your pre-workshop letter for parking updates.

Please call us for more specific directions or if you need help finding lodging—207-77-BIRTH (772-4784)

## friday Night: Centering in Service

- Open to doulas and other birth professionals who would like to enjoy a rejuvenating night of connection and information.
- Please bring a small object (*photo, printed quote, book, item from nature, etc.*) that signifies what drew you to this work
- Please bring a potluck dish for Friday night's meal (with a note attached identifying the ingredients).

### DAY ONE

Friday (Centering in Service)  
3:00-9:00 pm

(Please arrive no earlier than 2:30 for registration)

- Welcome and introductions
- History of birth in America
- Introduction to labor support
- Potluck dinner
- Facilitating labor's shift in consciousness

### DAY TWO

Saturday  
8:30-5:00 pm

- Emotional support in labor
- Comfort measures for labor support
- Prenatal contact between doula and client
- The newborn
- Breastfeeding Support
- Doulas of North America

### DAY THREE

Sunday  
8:30-5:00 pm

- When giving birth is difficult
- Postpartum contact
- Life as a doula
- Ethics and standards of practice
- Role plays
- Closing circle

*"Birth is not only about making babies. Birth is about making mothers - strong, competent, capable mothers who trust themselves and know their inner strength." ~Barbara Katz-Rothman*



## Registration

Please send payment of check or money order to  
Birth Roots, 101 State Street, Portland, ME 04101  
207-77-BIRTH (772-4784).

Please make checks payable to Birth Roots

- January 15, 16 & 17, 2010
- June 11, 12 & 13, 2010

Payment enclosed:

- \$400 Tuition in full
- \$350 if postmarked 30 days before the training
- \$200 deposit—balance of \$200 (or \$150 with early bird discount) is due by day one of the workshop
- \$50 for Friday's Centering in Service only

*\*\*\*early bird discount\*\*\**

*take \$50 off your tuition if your  
registration & deposit are post  
marked 30 days before the training*

*(sliding scale and payment plans available on a limited basis)*

Please let us know if you have any special needs that we might address prior to or during the training: \_\_\_\_\_

Name \_\_\_\_\_

Your date of birth \_\_\_\_\_

ages of children (if any) \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

For the best learning environment ~ enrollment is limited to a maximum of 14 participants, please send your registration and deposit early if you want to guarantee a spot (don't wait until the last minute).

**Cancellations:**

Refunds (minus a \$25.00 fee) will be given if cancellation is received at least 14 days prior to workshop. With less than 14 days cancellation notice, fee will be applied toward the next Doula Training. For a cancellation made less than 72 hours from start of workshop there will be no refund or credit applied.

There must be a minimum of 6 participants for Birth Roots to host the training. If less than 6 participants are registered 3 days prior to the training it will be cancelled and full refunds will be provided.



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