

## ***What is a Birth Doula?***

**T**he Greek word doula means woman caregiver. We now use the word to describe a trained and experienced labor companion who provides the woman and her husband or partner continuous emotional support, physical comfort and assistance in obtaining information before, during and just after childbirth.

## ***About The Trainer***

**J**anice Banther has been a childbirth educator and birth doula for 23 years. She was one of the first certified doulas with DONA International. She is also a postpartum doula, breastfeeding counselor, RTS bereavement counselor and has been a speaker at conferences and seminars across the country. Janice is the founder and Executive Director of FOR THE LOVE OF BIRTH, INC., a nonprofit organization that meets the many needs of a pregnant woman. She is also the founder of one of the few childbirth and doula programs in a county jail. She is married to Barry and has 2 sons, David and John and one daughter-in-love, Ruth. She and her husband live in Tarpon Springs, Florida.

## ***Topics Covered***

- **Introduction to DONA International:**  
*Explanation of the criteria for birth doula certification, standards of practice, code of ethics and membership.*
- **Labor Support:**  
*The long-term maternity care today, plus a review of relevant research studies.*
- **Prenatal Support and Doula Business:**  
*Meeting a client, dos and don'ts of the prenatal interview, record keeping, birth plan, how to start your doula business.*
- **Support in Labor:**  
*The emotional needs of the laboring woman and how to meet 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 progress of labor.*
- **Communication:**  
*Discussion of birth experiences, cultural diversity, and values as they related to labor and birth. Learning how to listen.*
- **Difficult Labors and Special Situations:**  
*Application of knowledge and skills to hypothetical clinical challenges.*
- **Cesarean and VBAC's:**  
*Description of the emotional and physical needs of the woman, her partner and her baby.*
- **The Newborn and Breastfeeding:**  
*The doula's role in observation and in assisting with early breastfeeding.*
- **Postpartum Contact Between Doula & Client:**  
*Purposes of the postpartum visit, and the importance of integrating the birth experience.*
- **Role Modeling and Role Playing in Labor:**  
*An opportunity to use the labor skills you have learned in the workshop.*

# BIRTH DOULA TRAINING

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*for Certification*

*With*

*DONA International*

January 18, 2007    6:30 p.m. - 9:00 p.m.  
January 19, 2007    8:00 a.m. - 5:30 p.m.  
January 20, 2007    9:00 a.m. - 5:30 p.m.

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For The Love Of Birth, Inc.

*Trainer*  
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