



Topics covered in Doula certification trainings

Learning about Labor

Anatomy, Vocabulary, & Fetal Development
Signs of Labor, including Warning Signs for Preterm Labor
Labor begins on its own & Ways to progress in labor
Stages & Phases of Labor

Learning about Stages and Phases

Labor Stations & Comfort Measures

Intro to DONA International & the Role of the Doula

Significance of Birth
Doula's Role & Research on Doula Support

2nd Stage of Labor: Pushing

Follow Body's urge to push
Positions for pushing & Breathing Techniques
Immediate Postpartum
Appearance of Newborn & Newborn Procedures
Breastfeeding

Ideal Birth

Informed Consent
Rights of a Childbearing Woman
Values Clarification

Prenatal Support

Client Contact & Support
Communication
More on Birth Plans

Pain & Comfort in Labor

Gate Pain Theory
Stress, Pain, & Catecholamines
Hormones of Labor

Emotional & Physical Support

Doula as a Comfort Measure
Supporting the Birthing Person & Partner
Assessing & Assisting, Stage by Stage

Challenging Childbirth

Supporting a woman during induction/augmentation
Back Pain in Labor
Support a woman with an epidural

Cesarean Birth & VBAC

Reasons for
What to expect
How to support as a doula

No Separation of Mom & Baby

The Newborn Mother
First Breastfeeding

Postpartum Visit

Processing Birth Experience & Closure
Postpartum Mood Disorders & Referrals

Doula certification provided by Beautiful Birth Choices, based on DONA International standards.

Beautiful Birth Choices
<http://www.bbcroc.com/bbc/>

DONA International
<https://www.dona.org/>



Doula Partnership of
Cayuga, Cortland, and Madison