



Postpartum Doula Certification Program Information

Welcome Baby Care postpartum doulas require a level of excellence that includes extensive knowledge, a deep skills set, flexibility, compassion, and continuing education that insists that they are always up to date on the latest mother-baby care protocol.

Keeping the high standards we require our staff to embody in mind, we have designed a training program by doulas for doula hopefuls.

The program includes self-study and reading, discussion and reflection on materials covered, on the job shadowing, pro bono shifts for lower income families which will include evaluation, childbirth and breastfeeding class auditing, specific training in caring for preemies, and a 2-day skills workshop.

Unlike other certification programs, the Welcome Baby Care workshop focuses on giving doulas a level of understanding beyond basic newborn and postpartum care. We delve into sleep patterns, real breastfeeding support, current formula feeding information, preemie care, the special needs of multiples, postpartum sexuality, postpartum mood disorders, and bonding. Of course, we do cover basic skills needed to serve the new mother and father in the home including but not limited to basic nutrition.

This program is fun, interactive, and informative and intends to leave the new doula completely prepared to support different families with a variety of postpartum needs.

The workshop trainer, Lisa Erbes, is a mother of two, certified birth doula, Lamaze Certified Childbirth Educator, working postpartum doula, and Certified Lactation Counselor.

Welcome Baby Care supports new parents and expanding families through both practical and specific in-home care, education, and consultation.

The cost of complete certification is \$400, which is broken down as follows:

Certification Application and Learning Packet: \$50.00

- Includes:
 - ✓ Application form
 - ✓ Reading List and verification forms
 - ✓ Class Observation requirements and forms
 - ✓ Doula Shadowing requirements and forms
 - ✓ Client Evaluation forms
 - ✓ Scope of Practice and Code of Ethics
 - ✓ Postpartum Doula Shift Analysis forms

Postpartum Doula Skills Workshop (2 day): \$275.00 (due at time of registration)

- Includes:
 - ✓ Infant care and attachment
 - ✓ Breastfeeding
 - ✓ Infant Sleep and Tummy Time
 - ✓ Physical/ emotional needs of the postpartum mother
 - ✓ Partner Needs
 - ✓ Postpartum Nutrition
 - ✓ Postpartum Mood Disorders
 - ✓ Supporting Parents of Multiples
 - ✓ Postpartum Sexuality
 - ✓ Recognizing Child Abuse and Neglect/Domestic Violence
 - ✓ Household Cares
 - ✓ Doula professionalism

Premature Infant Learning Module and Test: \$25.00 (at Welcome Baby Care Office, by appointment)

Application/Package Processing Fee: \$50.00 (due upon submission of completed learning packet)

Total: \$400.00

For more information or to request your initial packet, please contact Welcome Baby Care at rosemary@welcomebabycare.com or 952-942-5676.