



It is desirable, but not required that you have some knowledge of the following:

- Anatomy and physiology of pregnancy and birth, postpartum, and breastfeeding.
- Pain medications, their administration and side effects.
- The Cesarean procedure.
- Normal newborn appearance.
- Basic relaxation techniques, breathing patterns, and other comfort measures for labor.
- Benefits of breastfeeding.

If you feel you are lacking this knowledge it is suggested that you read *Pregnancy, Childbirth and the Newborn* and *The Birth Partner* before the workshop. If you have any questions about the workshop call Debbie at (707) 579-6064 or email at

Debdoula234@aol.com.

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Phone \_\_\_\_\_

Zip \_\_\_\_\_

Email Address \_\_\_\_\_

**[ ] Doula Training Workshop : Clovis, California \$350.00**

November 12, 2011 8:00 a.m. to 6:00 p.m.

Total enclosed \_\_\_\_\_

Make checks payable to Debra Merritt and send registration to :

**Debra Merritt**

**709 Sequoia Street**

**Windsor, Ca. 95492**

**Registration due November 1, 2011**

**May pay with PayPal : email [Debdoula234@aol.com](mailto:Debdoula234@aol.com)**

**You may send a \$100.00 deposit to hold your place in the class. I will not cash the check until I am sure the class has sufficient students enrolled to hold the workshop. I not, I will return your check after Nov. 1, 2011. I must have 4 paying students to hold the workshop.**



Approved

## Doula Training Workshop

And

Breastfeeding Support  
Class

November 12 & 13, 2011

446 W. Tenaya Ave.

Clovis , California

93612

*Workshop for those who wish to assist couples through labor and birth. Approved by Doulas of North America International*

## WHAT IS A DOULA?

- A doula recognizes birth as a key life experience. She understands the physiology of birth and the emotional needs of a woman in labor.
- A doula assists the woman in carrying out her plans for the birth.
- A doula stays by the side of the laboring woman throughout her labor.
- A doula provides emotional support, practical comfort measures, an objective viewpoint, and information to aid in decision making.
- A doula acts as a liaison between the laboring woman, her partner, and clinical care providers.
- A doula does not replace the woman's partner or clinical providers.



### *THE DOULA TRAINING WORKSHOP*

THE DONA DOULA APPROVED DOULA TRAINING WORKSHOP IS A UNIQUE AND EXCITING WEEKEND TRAINING. THE TRAINING IS TAUGHT BY DEBBIE MERRITT BRUFLAT DONA CERTIFIED DOULA, CERTIFIED CHILDBIRTH EDUCATOR, AND LACTATION SPECIALIST WHO HAS BEEN A DOULA , CHILDBIRTH EDUCATOR AND DOULA TRAINER FOR OVER 10 YEARS. YOU MAY LEARN MORE ABOUT HER BACKGROUND ON HER WEBSITE AT DOULABELLA.COM DURING THE 2 DAY WORKSHOP STUDENTS LEARN THE EMOTIONAL AND PHYSIOLOGICAL PROCESSES ASSOCIATED WITH LABOR. ALSO COVERED IS THE ROLE OF THE DOULA PRENATALLY, DURING LABOR AND DELIVERY AND DURING THE POST DELIVERY PERIOD. THE WORKSHOP DOES NOT INCLUDE CLINICAL SKILLS WHICH ARE OUTSIDE THE ROLE OF THE DOULA.

THE COURSE IS DESIGNED TO HELP PARTICIPANTS BECOME EXPERT LABOR SUPPORT AND GAIN EXPERIENCE AS A DOULA . PLEASE REGISTER AS SOON AS POSSIBLE AS CLASS SIZE IS LIMITED. A \$100.00 DEPOSIT WILL HOLD YOUR PLACE IN THE CLASS WITH THE BALANCE DUE THE FIRST DAY OF THE WORKSHOP.

*NO REFUNDS ARE GIVEN AFTER NOVEMBER 1 FOR THE CLOVIS WORKSHOP. WE CAN SUBTRACT A \$100.00 FEE AND HOLD THE BALANCE TOWARD ANOTHER WORKSHOP WITHIN THE A 1 YEAR WINDOW FOR LATE CANCELLATIONS.*

## Breastfeeding Class

You can read all of the requirements for DONA certification on the Dona website at [DONA.org](http://DONA.org).

You may want to begin reading books from the required reading list. You can get these books new from the DONA website or used from Amazon.com. You may also want to order your certification packet from the DONA boutique. You must have ordered the packet before you can count any birth experience towards certification.

