



MotherWit

DOULA TRAINING

MotherWit Holistic Postpartum Doula Training

MotherWit Doula Care is pleased to present a comprehensive training in holistic postpartum doula care.

In a culture that puts a lot of pressure on new mothers to live up to the mythical image of SuperMom, a MotherWit Postpartum Doula has the power to bring a sane, calm perspective. We believe in nurturing the new mother so all she has to do in the precious few weeks after birth is focus on her new baby/babies, her loved ones, and herself.

Full healing of everything a woman has gone through during the childbearing year requires some space and reflection. By providing opportunities for rest and proper physical and emotional nourishment, the MotherWit Postpartum Doula creates a special space within which a woman who has just given birth and her partner can heal and come into their own power as a mother/s and/or father. We like to call this space the BabyMoon.

As a MotherWit Postpartum Doula Trainee, you will learn the following:

- Good listening skills: new parents need to share their birth stories and discuss the intense emotions that becoming a parent brings up
- Proper physical and emotional care of the postpartum mother, with focus on nutrition and safe, natural remedies to soothe a variety of common complaints, such as breast engorgement, perineal discomfort, fatigue, etc
- How to provide education about attachment style parenting, and give non-judgmental support for new parents' choices
- Basic baby care such as bathing, diapering, baby-wearing, swaddling, etc.
- How to provide basic breastfeeding support, and how to know when to call in a lactation consultant
- How to recognize signs of PMADs (Perinatal Mood and Anxiety Disorders)
- How to help with basic organization of a home with a new baby
- Supporting parents with multiples, and how to engage older children
- How to conduct your practice...and much, much more!

MotherWit Postpartum Doula Certification Requirements

- Read ALL the required books on the reading list.
- 3 book reports of 250 to 500 words from the required reading list.
- Attendance at a childbirth education class. 250 word summary required.
- A research project on a topic relevant to postpartum doulas approved by the trainer.
 - A research paper of a minimum of 1000 words, citing at least four resources.OR
 - A video or in person presentation/demonstration of about 15 minutes long.
- Standard CPR/AED Level C
- Breastfeeding:
 - Attend a series of La Leche League meetings. (Advantages of Breastfeeding, Adjusting to Life with a New Baby, Overcoming Difficulties, Nutrition and Weaning)OR
 - 4 meetings with a local breastfeeding education/support organization.AND
 - Minimum 16 hours WHO approved lactation education course (in person)OR
 - Step2 Education: <https://step2education.com/> (On-Line)
- Attendance at one birth, 250 word written summary required. (apprenticeships with experienced MotherWit birth doulas are available for an extra fee and are a great way to gain experience with one-on-one guidance and support)
- A daily reflection practice, such as journaling, meditating, yoga, etc, to develop a strong, grounded centre from which to provide your service. A 250 word written summary of what you've learned is required.
- Attend to 4 postpartum families (4 hours minimum per family) Written evaluation from each family required. (Apprenticeships with experienced MotherWit postpartum doulas are available for an extra fee and are a great way to gain experience with one-on-one guidance and support)
- Final "open book" exam. When ALL your paperwork is handed in, you will be given your final exam

Required Reading List

Our Babies, Ourselves

Meredith F. Small

Pregnancy, Childbirth, and the Newborn: The Complete Guide 4th Edition

Penny Simkin, Janet Walley, Anne Keppler, Janelle Durham, April Bolding

Natural Health After Birth: The Complete Guide to Postpartum Wellness

Aviva Romm

Dr. Jack Newman's Guide to Breastfeeding

Dr. Jack Newman

Ina May's Guide to Breastfeeding

Ina May Gaskin

The Baby Book

Dr. William Sears

Sweet Sleep

La Leche League International

Recommended Reading (not required)

Having Twins and More

Elizabeth Noble

Empty Cradle, Broken Heart: Surviving the Death of Your Baby

Deborah L. Davis

The Premature Baby Book

Dr. William Sears

Depression in New Mothers

Kathleen Kendall-Tackett

Traumatic Childbirth

Cheryl Beck