



INFORMATION FOR BIRTH AND POST-NATAL TRAINEE DOULAS

BIRTH DOULA TRAINING

Welcome to Birth Right™ Doula Training. You have taken the first step to making a difference in changing the face of birthing in Australia today.

Who is your Trainer?

I am Director of Birth Right, published author of 'Birth Right' (Random House), and 'Doulas-why every pregnant woman deserves one' (the only Australian doulas book) and 'Watercolours Relaxation'CD, public speaker, midwifery background, doula trainer, Inside Birth® Trainer, Educator, Hypnotherapist. I have had 40yrs experience working in pregnancy and birthing, this unique advantage will give you amazing insight into understanding the hospital system and learning how to negotiate with staff, which is essential to being a doula. Once you have graduated you will be invited to join our very special Birth Right™ mentoring program, where you will enjoy ongoing support, and mentoring. A Birth Right™ doula is professionally trained to support women in what they want, empowering them to trust in their beautiful birthing body.

Susan Ross

Research shows that having a doula:-

- Reduces the overall caesarean rate by 50%
- Reduces the length of labour by 25%



- Reduces oxytocin use by 40%
- Reduces the use of pain medication by 30%
- Reduces forceps deliveries by 40%
- Reduces requests for epidural pain medication by 60%
- Reduces incidences of maternal fever
- Reduces the number of days newborns spend in NICU (neonatal infant care unit)
- Reduces the amount of septic workups performed on newborns
- Results in higher rates of breastfeeding
- Results in more positive maternal assessments of maternal confidence
- Results in more positive maternal assessments of maternal and newborn health
- Results in decreased rates of postpartum depression

That's an impressive list! One of the most important benefits of having a doula is freeing Dad of the responsibility of 'managing' the birth, allowing him to relax and enjoy becoming a Dad, whatever that looks like on the day. Research also shows that couples who have doula support feel more secure and cared for and have more positive feelings about their birth experience and adapting to their new family.

Your training will cover all aspects of pregnancy and birthing, with a focus on the hospital 'system', teaching you how to navigate that system and be able to skillfully negotiate with all caregivers, from Obstetricians, Anaesthetists, Midwives, to enable the woman, your client, to have the birth experience she wants and deserves.

You will have the opportunity to connect with other specialists, who will take you on a journey into the world of pregnancy chiropractic, acupuncture, massage and yoga, naturopathy and kinesiology. It is also important for you to develop a comprehensive resource list for your clients, in your local area.

You will have the opportunity to meet other doulas who have trained at Birth Right™ and belong to our mentoring program. Most importantly we have lots of fun!

Our Training



New and improved learning experience, unique to Birth Right™. Online theory training, to be completed in your own time (within 6 months of booking), followed by face to face weekend workshop in the beautiful Blue Mountains, N.S.W. This gives you the opportunity to share with other doulas, benefiting from discussion, role plays and exploring your communication skills.

Training Requirements

To graduate from the course, trainees need to have:

1. A commitment to support women in their well informed choices
2. A commitment to Birth Right™ philosophy
3. Attendance at the face to face workshop
4. Completion of all assignments and reading material
5. Support a minimum of two (2) 'trainee' births

GETTING STARTED WITH SOME READING

- 'Birth Right' – Susan Ross (essential)
- 'Doula-why every pregnant woman deserves one' – Susan Ross (essential)
- Any book by Michel Odent (choose at least 1)
- 'Birth' by Cate Price (a great reference book)
- 'Childbirth Without Fear' – Grantly Dick Read
- 'Spiritual Midwifery' – Ina May Gaskin
- Well Adjusted Babies – Dr. Jennifer Barham-Floreani

IMPORTANT: Dates for weekend workshops are listed on website.

Please note that theory modules must be completed prior to attending workshop. Contact Susan and reserve your place in a workshop so you don't miss out!



POST-NATAL DOULA TRAINING

Please note: this training is now available as an individual training (module 3) or you can incorporate with Birth doula training so you will graduate as a Birth and Post-Natal Doula

So many women birthing today, have little or no family support. Many partners have limited time off work and women find themselves home alone with their baby fairly quickly after birth. They often feel lost and unsupported.

GETTING STARTED WITH SOME READING

- Well Adjusted Babies – Dr. Jennifer Barham-Floreani
- Sleeping with Your Baby – James J. McKenna, Ph.D/
- Healthy Parents, Healthy Baby – Jan Roberts

PLEASE NOTE: For Birth Doula Training only you need to download Module 1 & 2 (can be purchased separately or together (Total)

For Birth Doula/Post-Natal Doula Training you need to download Module 1, and Module 2 & 3

For Post-Natal Doula Training Only you need to download Module 3

Terms and Conditions

Our doula training class size minimum is four (4) and classes will only go ahead if the minimum is met.

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