



BirthWell Partners
Community Doula Project

DOULA TRAININGS



BIRTH DOULA TRAINING

This >25 hour, intensive workshop prepares you to support families during pregnancy, the birth experience and the first hours and weeks after their baby is born. We use hands-on instruction supplemented by text, DVDs, and practical skills. You won't be sitting around during this workshop!

Our comprehensive Birth Doula Training meets DONA certification classroom requirements for both the "Birth Doula Workshop" and "Introduction to Childbirth for Doulas"--two of the steps necessary for becoming a DONA International Certified Birth Doula.



On completion of this workshop, participants will be able to:

- Identify the significance of birth to a family
- Define the doula role and scope of practice
- List the benefits of doula support outlined in current research
- Describe emotional and physical needs of laboring people and their partners
- Demonstrate helpful labor positions
- Recognize onset of labor and identify progress during labor
- Demonstrate non-pharmacological pain reduction methods
- Recognize special needs associated with Cesarean and VBAC birth
- Describe the doula's role in the prenatal and postpartum periods
- Describe the steps to certification with DONA International
- List the benefits of DONA International membership

Who should attend?

- People seeking to become birth doulas
- Birth doulas who need continuing education for recertification
- People planning to support a family member in labor
- Labor and postpartum nurses
- People preparing for midwifery training
- Public Health students and professionals
- WIC providers
- People preparing for Peace Corp work
- Childbirth educators
- Social workers who work with families during their childbearing years
- Early Head Start/Healthy Start staff
- Anyone interested in assisting pregnant people and families to have a satisfying birth experience.

Cost: \$600

[Click HERE to see workshop dates and to register](#)

Trainings are held in Birmingham, AL



Training During COVID-19:

We will be meeting in an outdoor space; a covered patio, or well ventilated indoor space. We will all wear masks at all times and stay physically distant except for when we practice hands-on techniques. Hand washing will be frequent. Participants will be responsible NOT to attend if they have any (even very mild) symptoms or have been recently exposed to someone with Covid-19!



BREASTFEEDING SUPPORT TRAINING

“Encouraging and Supporting Breastfeeding in a First Food Desert.”

This training presents the Trans-Theoretical Model of Behavior Change as a framework for addressing barriers to breastfeeding, maximizing influence to promote breastfeeding and for supporting continued breastfeeding success.

This 4-hour training meets DONA’s breastfeeding class requirement and will count as 3 hours of continuing education needed for recertification with DONA.

Note: This training is required for Work-Study participants or those planning to volunteer with BirthWell Partners.

Participants will learn how to:

- Encourage individuals to shift their decisional balance toward breastfeeding
- Teach skills to get breastfeeding off to a good start
- List effective support techniques for breastfeeding initiation and continued success
- Identify an effective latch and feeding pattern
- Provide anticipatory guidance and support
- Provide information about breastfeeding using effective language

Who will benefit from this course?

Doulas, nurses, lactation specialists, pediatricians, WIC staff, childbirth educators, social workers, and anyone else who supports families during their childbearing year.

Cost: \$50

[Click HERE to see workshop dates and to register](#)

Trainings are held in Birmingham, AL

PERINATAL HEALTH ADVOCATE TRAINING

A Perinatal Health Advocate helps connect families to the resources they need to lead healthy lives and to complete healthy pregnancies. We created this training to prepare doulas for community doula work, but it is beneficial to anyone working to address health disparities related to families, birth, and babies in their community.

Note: This training is required for Work-Study participants or those planning to volunteer with BirthWell Partners.

Participants will learn how to:

- Define Maternal and Infant Mortality rates and compare these rates globally, nationally and locally
- Describe the social determinants of health and the impact of the physical environment on pregnancy and birth
- Identify resources parents need to support healthy pregnancies, births, and parenting



Cost: \$40

[Click HERE to see workshop dates and to register](#)

Trainings are held in Birmingham, AL

ABOUT THE TRAINER: Dalia Abrams, M.A., M.P.H.

BDT(DONA), CD(DONA), LCCE, CLC

Executive Director of Program Operations

Dalia is the co-founder of BirthWell Partners. She is a DONA International approved Birth Doula Trainer, a DONA certified Birth Doula, a Lamaze Certified Childbirth Educator, and a Certified Lactation Counselor. She has been engaged in birth work, supporting growing families since 1996.

BEYOND THE CLASSROOM: OPPORTUNITIES FOR HANDS-ON EXPERIENCE

BirthWell Partners is a non-profit that makes doula training and doula services more equitable and accessible, in order to improve the health of families and communities in Central Alabama.

We rely on our Work-Study recipients and volunteers to make this mission possible. Please read on if you are interested in finding out how you can gain experience while providing much-needed doula services.



WORK-STUDY

BirthWell's Work-Study program is an option for prospective doulas who have the passion, but not the financial means, to attend a training. We provide a comprehensive training that includes all the classroom requirements for completing DONA birth doula certification = STUDY. The recipients provide birth doula support after their training to 2-3 BirthWell Partners clients = WORK. It's a win-win: Doulas get classroom training AND get hands-on experience with their first clients. Under-resourced clients get the support of a trained and compassionate doula.

Applicants for Work-Study Must:

- Be at least 21 years of age
- Live in our service area
- Have reliable transportation
- Have a valid driver's license and automobile liability insurance
- Have financial need
- Be vaccinated for COVID-19

We Look at a Range of Applicants: We welcome applicants who plan to use doula training as a stepping stone to midwifery training, who are public health professionals using this experience to enhance their careers and create better policies for maternal and child health, who plan to become professional doulas in affluent communities, and/or serve families in low-recourse communities.

We Look at a Range of Financial Need: We have full and partial work-study options. Some applicants will have the full cost of training covered, and others will pay \$200 toward the cost of training. This approach allows us to spread our limited resources to more applicants.

All Work-Study Program Participants Agree to Attend Births for BirthWell Partners: After training and orientation, we require attendance at 3 births (full work-study) or 2 births (partial work-study), and completion of client data-collection paperwork in a timely manner. Doulas in good standing have the option to attend one additional client birth, and in compensation, we will pay DONA certification fees and one year of membership to DONA.

We Mentor Work-Study Participants: All participants can take advantage of mentoring from staff, who are experienced doulas. In addition, there are opportunities to meet and learn with other doulas in our community.

Work-Study Participants are not prohibited from taking private clients while fulfilling your work-study commitment: In fact, we encourage establishment of a private doula practice as soon as one feels ready.



[Click HERE to download an application](#)

Note: Please read the first 3 pages of the application carefully. These pages contain important information about the application process, commitment required, and training schedule.



VOLUNTEER WITH US

Volunteering with BirthWell Partners gives doulas an opportunity to gain valuable hands-on experience providing direct client services, while receiving mentoring and support from Birthwell Partners staff and other community doulas. Thanks to the hearts and hands of volunteers, we are able to provide birth doula services to many families in Central Alabama who would not otherwise have this support.

Steps for Volunteering:

- Complete our DONA approved Birth Doula Training, or, if you are already certified or have completed a doula training, contact us!
- Attend Perinatal Health Advocate Training, Breastfeeding Support Training, and Doula Orientation
- Have a Valid Driver's License and proof of automobile insurance
- Complete a background check
- Present verification of COVID-19 vaccination

Work Study Participants and Volunteers Agree to:

- Follow the DONA Code of Ethics and Standards of Practice for Birth Doulas
- Check and respond to messages (email, phone, or text) within a 24-hour period of time, and stay in communication with program staff.
- Contact assigned clients within 48 hours of assignment (and let staff know if they are unable to establish contact)
- Promptly notify staff if a situation arises in which the volunteer is unable to fulfill a commitment to a client
- Provide birth doula services to BirthWell Partners' clients. (Services include two prenatal visits, birth support, and two postpartum visits)
- Arrange backup with another BirthWell Partners Doula for each client, and provide backup to other BirthWell Doulas
- Complete and submit documentation for each client in a timely manner as outlined in volunteer procedures
- Represent BirthWell Partners in a professional manner at all times

