



MotherWit 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 and her loved ones.

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 and father. We like to call this space the BabyMoon.

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

- good listening skills: new mothers need to share their birth stories and discuss the intense emotions that becoming a mother 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 postpartum depression
- how to help with basic organization of a home with a new baby
- how to support a mother with multiples, and how to engage older children

....and much much more!

This training will either be a 4 day intensive, or happen over a span of 2 weekends

Day 1:

- Intro-challenges of our culture and its effect on mothering
- Scope of the role of the MotherWit Postpartum Doula
- Exercises to build skills in listening, providing non-judgemental support, creating and respecting boundaries

- Through roleplaying, exploring some common scenarios of the postpartum experience, and identifying your greatest interests, strengths, and areas the need more focus
- Basic home organization skills
- How to create a plan of action for your clients based upon their needs

Day 2:

- The basics of birth, and how to help a new mother process her birth experience
- How to provide good nutrition for the new mother so she can best nourish her baby
- Basic postpartum physical challenges and simple doula remedies
- Mother massage
- Emotional care of the new mother

Day 3:

- Breastfeeding and support
- Basic baby care, learning to “wear” the baby, and how to deal with cloth diapers
- Baby massage
- Addressing concerns about Baby's sleep
- Dealing with colic
- Listening to Baby with awareness

Day 4:

- Acknowledging postpartum depression
- Supporting a mother with multiples
- Supporting other children and family members
- Recognizing and addressing maternal stress
- Dealing with preemies
- Helping single moms
- Supporting loss and grief
- Building resources and knowing when to refer to appropriate professionals
- Running your postpartum doula business

Course Requirements

Being a postpartum doula requires being completely comfortable with babies. As teaching someone this skill is outside the scope of this course, we require our trainees to have previous experience in being with babies. You can be a mother who has had a baby within the last five years, and if not a mother or grandmother, someone who has worked extensively with babies, such as a postpartum/NICU/obstetric nurse, a nanny, a daycare provider, a birth doula, or a breastfeeding support professional or volunteer.

We require you have documented proof of having attended at least one childbirth, from either the mother, a midwife/doctor/nurse who was in attendance. You can do this while in training.

We require you attend a series of MotherWit Birth Essentials, CLSC or hospital sponsored childbirth preparation classes in order to understand the philosophies and education the average couple receives.

We require you have a shadowing experience with a MotherWit Postpartum Doula, meaning you attend the postpartum visits, help the doula with her work, observe, etc. This apprenticeship will usually provide you with up to 50 hours of hands on experience. After your shadowing, you will be required to volunteer for two clients of Montreal Birth Companions, an organization which provides free doula care to women of need. You will learn here to help empower women in often very challenging situations.

Once you have completed these requirements, as well as a short critique on each book on the reading list and a project on a postpartum subject close to your heart, you will be evaluated by the MotherWit team on your skills, knowledge, and ability to apply them practically with competence. Once you meet these expectations, you will be certified as a MotherWit PostPartum Doula. This will give you the opportunity to potentially join the MotherWit Doula Care team, which has many advantages, such as the privilege to review cases with experienced doulas, be part of a growing community of parents and doulas, teach parts of MotherWit's Birth Essentials classes, and given referrals.

Reading List:

Pregnancy, Childbirth, and the Newborn: A Complete Guide

-Penny Simkin, Janet Whalley, Anne Keppler

The Baby Book

-Dr. William Sears

The Baby Sleep Book

-Dr. William Sears

The Aware Baby

-Althea Solter

Dr. Jack Newman's Guide to Breastfeeding

-Dr. Jack Newman

Ina May's Guide to Breastfeeding

-Ina May Gaskin

The Breastfeeding Answer Book

-La Leche League

The Wise Woman Herbal for the Childbearing Year

-Susun Weed

Having Twins

-Elizabeth Noble

Kangaroo Care: The Best You Can do to Help your Preterm Infant

-Susan Luddington-Hoe

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

-Deborah L. Davis

Cost:

\$850.00 total -this is \$700 for the 4 day training, plus \$150 for your apprenticeship...all costs include taxes.

MotherWit Doula Care looks forward to offering this training in Spring 2010!
Please contact info@motherwit.ca for more information and dates.