

The Integrative Health Co-op & The Birth Company

The Second DONA Doula Training & Breastfeeding Course Devonshire, Bermuda - November 13-15, 2009

Visit www.healthcoop.bm for Conscious Birth Classes

Course Schedules and Location

Breastfeeding Course

Friday, November 13
8:30 am - 12:30 pm

Birth Doula Workshop

Friday, November 13
2:00 pm - 8:00 pm
Dinner 5:00 - 6:30 pm
Saturday, November 14
9:00 am - 5:00 pm
Lunch noon - 1:00 pm
Sunday, November 15
9:00 am - 5:00 pm
Lunch noon - 1:00 pm

What to Bring:

Bring pen, water, and snacks/lunch/dinner. Kitchen available and Lindo's market is a 10 minute walk.

Location:

Spirit House
Devonshire, Bermuda

Registration Fees:

Both workshops \$550
Includes manual/materials

Birth Doula Training

This comprehensive 3-day course is for anyone interested in assisting women and families in having a satisfying birth experience. It is designed to guide participants in becoming expert labor support providers as doulas. It uses texts, supplementary literature, videos, and role-play to build theoretical knowledge and practical skills. Attendance constitutes one step in the process to become a DONA International Certified Doula (CD/DONA). Additional requirement information is available at www.dona.org. Breastfeeding course included.

Breastfeeding Requirement

This basic 4 hour course is required for birth doula certification. It will prepare doulas for providing information on breastfeeding and supporting the mother immediately after birth, and for the first few weeks postpartum.

Recommended Reading

These are a few of the books required for certification from the DONA reading list:

- *The Birth Partner* by Simkin
- *The Doula Book* by Klaus & Kennell
- *The Breastfeeding Answer Book*, LaLeche League Intl

Texts can be purchased on-line from DONA at www.dona.org or call 888-788-DONA.



Rae is the doula providing support.

About the trainers:

Rae Davies has been a child-birth educator for over thirty years and a DONA Doula Trainer since 1996. She is an IBCLC and is the Health Care Practices Task Force coordinator for the World Alliance of Breastfeeding Action (WABA). Rae is the past Executive Director of the Coalition for Improving Maternity Services (CIMS) and currently serves on the board of the International MotherBaby Childbirth Initiative.

Sophia Cannonier (CD/DONA) Will be assisting.

To Register call:
Barbara at the Health Co-op 441.236.0336 or email info@healthcoop.bm

Registration Due:
November 1, 2009

For more information:
www.thebirthcompany.com
rae@thebirthcompany.com

Registration Form ♦ Devonshire, Bermuda November 14-16

Name _____

Address _____

Phone/Fax/Email _____
