

# DONA Doula Training ♦ Breastfeeding Course On a Carnival Cruise to the Bahamas October 15-18, 2009

## Course Schedule

Thursday, October 15

5:00 pm to 7:45 pm

Friday, October 16

8:00 am to 11:45 am

5:30 pm to 7:30 pm

Saturday, October 17

9:00 am to 10:00 am

11:30 am to 2:30 pm

4:30 pm to 6:30 pm

9:30 pm to midnight

**Training manuals  
included**

### Booking for the Cruise

Cruise rates from  
\$250-\$450 per person based  
on room occupancy.

All cruise fees are separate  
and reservations must be  
made early for the best  
rates. Contact:

Kaevon McCray  
WorldTravelST@aol.com  
407-654-9900

**Passport is required**

## Birth Doula Training (\$285)

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](http://www.dona.org).

## Breastfeeding Requirement (Included)

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](http://www.dona.org) or call 888-788-DONA.



Rae is the doula providing support.

### **About the trainer:**

**Rae Davies** has been a childbirth 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 is currently the administrative director for the International MotherBaby Childbirth Organization.

**Send Registration to:**  
The Birth Company  
P.O. Box 2346  
Ponte Vedra Bch, FL 32004

**For more information:**  
904-285-0028  
[www.thebirthcompany.com](http://www.thebirthcompany.com)  
[rae@thebirthcompany.com](mailto:rae@thebirthcompany.com)

**Registration Due:**  
**September 30, 2009**  
**PayPal accepted—email**  
**[birthco@bellsouth.net](mailto:birthco@bellsouth.net)**

## Registration Form ♦ Cruise Training Oct 15-18

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone/Fax/Email \_\_\_\_\_  
\_\_\_\_\_

**Birth Doula Training and Breastfeeding Course \$285**