

# DONA Doula Training ♦ Breastfeeding Course

## San Juan, Puerto Rico

### May 22-24, 2009

#### Course Schedules and Location

##### Breastfeeding Course

Friday, May 22  
9:00 am to 1:00 pm

##### Birth Doula Workshop

Friday, May 22  
2:00 pm to 8:00 pm  
Saturday, May 23  
9:00 am-7:00 pm  
Sunday, May 24  
9:00 am-5:00 pm

**What to Bring:** Bring pen, water, and snacks/lunch/dinner. There are also restaurants in the area

##### Location:

ESTUDIO A Calle San Justo  
esq. San Francisco  
#157 - 2do. nivel  
San Juan, PR 00901

For info in San Juan  
contact: Carmen Suarez  
787-309-8772 or Augie Rigual  
in Orlando 321-287-4833

##### Birth Doula Training (\$400)

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

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 the administrative director of 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:**  
**May 12, 2009**  
*PayPal accepted using  
your credit card*

## Registration Form ♦ San Juan, May 22-24, 2009

Name \_\_\_\_\_

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

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

Courses attending:  Doula Training \$400