

Prerequisites for Participants of a DONA Postpartum Doula Training Workshop

Participants are expected to have a working knowledge of the following:

- ✓ Physical and emotional adjustment in the mother following birth
- ✓ Newborn characteristics and care
- ✓ Breastfeeding basics
- ✓ Common breastfeeding difficulties and possible solutions

To be sure that participants are adequately prepared for their Postpartum Training Workshop, the following is required **BEFORE** attending the training:

1. **Required reading:** From the DONA required reading list, the participant must have completed reading one selection from each of the following categories. Some of these books can be purchased on the DONA website www.DONA.org through the Doula Boutique:

Becoming a Mother

The New Mother: Eagan, *Misconceptions:* Wolf, *Ourselves as Mothers:* Kitzinger, *Mothering the New Mother:* Placksin, *The Year After Childbirth:* Kitzinger

The Newborn

Your Amazing Newborn: Klaus and Klaus, *The Mind of Your Newborn Baby:* Chamberlain, *Infancy:* Field, *The Year After Childbirth :* Kitzinger, *Touchpoints:* Brazelton, *The Vital Touch:* Heller, *The Baby Book:* Sears

Breastfeeding

Ultimate Breastfeeding Book of Answers: Newman, *The Breastfeeding Answer Book:* La Leche League International

2. **Breastfeeding Preparation:** The participant must have completed at least one of the options listed below before attending the postpartum doula training :
 - a. Certificate of attendance of Lactation Consultant / Breastfeeding counseling education program or peer counseling training through LLL or local nursing mother's group.
 - b. Completion of an on-line breastfeeding study program.
 - c. Proof of participation in a breastfeeding workshop (three hour minimum)
 - d. Investigative project series with essays. Participants must complete all three assigned tasks as described below and then write an essay summarizing the experience and what you learned.
 1. Visit with a local Lactation Consultant or Breastfeeding Counselor. Ask about her practice, and what she thinks the most important role of the doula would be in regard to breastfeeding. If at all possible, spend some time with pumps, SNS, etc. Write a brief description of what you learned, as well as how this experience will help you as a doula.
 2. Explore the resources available to breastfeeding mothers in your community. Where can she find quality nursing bras? A sling? Cotton nursing pads? A pump? Who can she turn to if she has a nursing problem? Are there support groups available in the area?
 3. Spend time with a nursing mother who has delivered a baby within the past two weeks. Observe at least three nursings. Write about what you learned by observing, as well as any suggestions you may have made to the mother.
- *The participant should be prepared to present proof of participation or the notes and essays from her investigative projects.