



# birthwell birthright Lamaze Childbirth Educator Training Program



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## About Lamaze International

Forty years of research and learning from women's experience of normal, natural birth have provided evidence that has gradually but dramatically changed Lamaze from being a method for giving birth, to a philosophy that provides the foundation and direction for women as they prepare to give birth and become mothers. "Breathing" is no longer the hallmark of Lamaze.

Lamaze International is a non-profit organization, a trusted global leader, with a mission to advance safe and healthy pregnancy, birth and early parenting through evidence-based education and advocacy.

Our goal is simple: We want all parents to feel confident, supported and powerful as they ask questions, make decisions, and navigate their path through pregnancy, birth and parenthood.

### Key Pillars

These three pillars define the core of who Lamaze is:

#### EVIDENCE-BASED

Lamaze education and practices are firmly grounded in the latest research. In everything we offer, we recommend the safest and healthiest options to parents without judgment.

#### RESPECTFUL

Everyone's journey to parenthood is unique. We welcome and respect all individuals and families from every corner of the world. Regardless of expectations or values, we firmly believe that everyone benefits from an informed pregnancy and birth.

#### TRANSFORMATIVE

The journey from pregnancy to parenthood can be transformative for families. We want parents to feel confident asking questions and making informed decisions, and to feel comfortably able to take control of their personal journeys.

### Why Lamaze?

Lamaze education and practices are based on the best, most current medical evidence available. They can help reduce the use of unnecessary interventions and improve overall outcomes for mothers and babies. Working closely with families, health care providers and Lamaze certified educators, millions of parents have achieved their desired childbirth outcomes using Lamaze practices.

As a non-profit organization, the work of Lamaze International is supported by many actively engaged unpaid volunteers who give generously of their time and talent. Volunteers serve on the Board of Directors, the Education, and Accreditation Councils and on various Lamaze committees and task forces. Volunteers are the heart of Lamaze International!

### Lamaze Welcomes All Parents

The journey through pregnancy and parenthood is unique for everyone. Birth is at the core of our practice. Lamaze welcomes and respects all individuals and families on this journey from every corner of the

world. Regardless of who you are, where you live, who you love or what language you speak, we want to be with you on your path from pregnancy to parenthood. We believe that birth is transformative for every family, and that everyone deserves a safe and healthy birth experience. Our goal is simple; we want all parents to feel confident, supported and powerful as they ask questions, make decisions and navigate their individual path through birth and parenthood.

### **The Lamaze Six Healthy Birth Practices**

Forming the foundation of the organization are the [Lamaze Six Healthy Birth Practices](#). These evidence-based practices, adapted from the World Health Organization, promote, protect and support natural, safe and healthy birth. To learn more about the Lamaze approach to Pregnancy, Birth and Early Parenting please click [here](#).

Today Lamaze affirms the normalcy of birth, acknowledges women's inherent ability to birth their babies and promotes the Lamaze Healthy Birth Practices. The Lamaze Certified Childbirth Educator promotes, supports and protects every woman's right to give birth, confident in her own ability, free to find comfort in a wide variety of ways, and supported by her family and all members of the health care team.

### **The Lamaze Childbirth Educator Competencies:**

- ❖ **Competency 1:** Promotes the childbearing experience as a normal, natural, and healthy process which profoundly affects women and their families.
- ❖ **Competency 2:** Assists women and their families to discover and to use strategies to facilitate normal, natural, and healthy pregnancy, birth, breast-feeding, and early parenting.
- ❖ **Competency 3:** Helps women and their families to understand how complications and interventions influence the normal course of pregnancy, birth, breastfeeding and early postpartum.
- ❖ **Competency 4:** Provides information and support that encourages attachment between babies and their families.
- ❖ **Competency 5:** Assists women and their families to make informed decisions for childbearing.
- ❖ **Competency 6:** Acts as an advocate to promote, support, and protect natural, safe and healthy birth.
- ❖ **Competency 7:** Designs, teaches, and evaluates a course in Lamaze preparation that increases a woman's confidence and ability to give birth

## **Why become certified by Lamaze International?**

Since 1960, Lamaze International has been the leading provider of evidence-based education programs that prepare childbirth educators to teach with skill and confidence. The Lamaze Certification Program meets the highest standards for validity, reliability, and fairness and is recognized as the only such program accredited by the National Commission for Certifying Agencies (NCCA), the accrediting body of the National Organization of Competency Assurance (NOCA). NOCA also accredits the certification programs of the International Board of Lactation Consultant Examiners (IBCLC) and the American College of Nurse-Midwives.



### **The LCCE Credential: Internationally Recognized and Respected**

Some childbirth educator certifications are only known in a single country – but the Lamaze Certified Childbirth Educator (LCCE) credential is recognized everywhere, because LCCE educators' practice all over the world.

To learn more about the benefits of becoming a Lamaze Certified Childbirth Educator, [click here](#).



## About our Program

**Tanya Cawthorne LCCE, FACCE**

**President Lamaze International, Co-founder Lamaze Australia  
Program Director**



Tanya Cawthorne, LCCE, FACCE is the Program Director of the birthwell birthright Lamaze Childbirth Educator Training Program. She trained to become a Lamaze Certified Childbirth Educator (LCCE) in Israel in 2011 through the Douglas College Perinatal Program in Vancouver, Canada. She trained with renowned childbirth educator Rachelle Oseran BA, CD(DONA) LCCE, FACCE. In 2015, Tanya was inducted as an FACCE (Fellow of the Academy of Certified Childbirth Educators) in recognition of her significant contribution to childbirth education and her effort to promote safe and healthy birth through evidence-based practice. Tanya is also currently completing her certification as a birth doula with DONA International.

Her independent childbirth education practice, [birthwell birthright](#) is based in Melbourne. In addition to her teaching, she regularly contributes to a number of online and printed publications including; [The Journal of Perinatal Education](#), Lamaze International's renowned blog; [Connecting the Dots](#), [Australian Midwifery News](#), [International Doula](#) – the magazine of DONA International and [Interaction](#) – the journal of the Childbirth and Parenting Educators Association of Australia (CAPEA).

In 2012 and 2014, she was fortunate to be the recipient of travel grants to attend the annual Lamaze International Conference, which is held in a different U.S. state each year. Also in 2014, she was one of 11 educators from around the world selected to become part of Lamaze International's first cohort of independent trainers and attended the first Independent Track Train the Trainer workshop in Washington, DC.

In 2016, Tanya was invited to speak at the Lamaze International conference in Florida and in October 2017, Tanya became the first non-North American to join the Lamaze International Board of Directors and is currently serving as the organisation's President.

In 2018, Tanya, together with fellow Lamaze Certified Childbirth Educator, Leslie Arnott, co-founded **Lamaze Australia**, an official affiliate of Lamaze International and a not-for-profit organisation dedicated to supporting Australian Lamaze educators and childbearing families.

Tanya also works closely with [Birth for Humankind](#), having created the curriculum for their 18-week foundational doula training program for bicultural doulas, which she also teaches.

Last, but absolutely not least, she is also the mum of two beautiful children, her son Liev and daughter Amalia.



## How long is the program?

The length of time it will take you to become a Lamaze Educator can range from a few months to a year or two, depending on how you decide to work through the program. Lamaze offers three pathways to certification, so this will also affect the length of time it will take to complete the training requirements. At the heart of the program, though, is our **five-day intensive training seminar** which will certainly lay strong foundations for you to complete your certification.

## Certifying with Lamaze International



With just [three simple steps](#), becoming a Lamaze educator is simple.

### 1. Study with the *Lamaze Educator Learning Guide*

Order the [Lamaze Educator Learning Guide](#) to complete your self-study of the essential content for educators.

### 2. Attend a Lamaze-Accredited Childbirth Educator Seminar (that's this course!)

Attend a [Lamaze Seminar](#) to acquire the knowledge and skills you need to be an effective educator.

### 3. Apply, Take and Pass the Lamaze Certification Exam

After you have completed both steps above, you are eligible to apply to take the Lamaze Certification Exam.

Lamaze International is deeply invested in training high-quality childbirth educators who will be able to pass their rigorous exam and teach creative, engaging and evidence-based classes. Completing the three steps above is the strongest path to achieving those goals.

## How much does it cost?

The full fee for our five-day intensive Lamaze Childbirth Educator Seminar is AUD\$2,300 incl. GST. Consider booking early for **early bird rates**. This fee includes the five-day seminar and all snacks and refreshments for the workshop. It also includes ongoing group via monthly meetups and one-one-one support and mentorship through to the certification exam and beyond. **Final payment is due 30 days prior to the start of the training program.** If you need to make alternative financial arrangements, a payment plan may be granted. Payment plans require that the deposit payment (\$400) is paid to secure your place on the program. The balance can be paid across either 4 or 6 x interest-free monthly instalment payments.

All seminar attendees will also receive a free copy of *Giving Birth with Confidence: The Official Lamaze Guide (3<sup>rd</sup> Edition)* by Judith Lothian and Charlotte DeVries, which is one of the books on the recommended reading list. In addition, you will need to purchase a number of additional **core reading materials**, the **Lamaze Learning Guide** directly from Lamaze International, and when you are ready to sit the exam, you will need to register and pay for it directly through Lamaze International. Your exam fee includes a **three-year membership** with Lamaze International. Please refer to the section below, "Seminar Requirements" for detailed information.

## What can I expect in the seminar?



In addition to having the knowledge necessary to present evidence-based information, Lamaze Childbirth Educators use interactive teaching strategies that involve students in their learning. During your seminar, you will learn creative and fun teaching strategies for group activities and practice using innovative teaching aids. You will also begin to work on your class curriculum as well as learn how to prepare to sit the Lamaze exam with confidence.

The seminar is a lot of fun, but it is also quite intensive. We will cover a lot of information over the course of the seminar and therefore it is very important that you complete the pre-seminar reading requirements.

In addition, all students will receive personalised ongoing support, feedback and prior to the Lamaze exam, which is held in either May or November of each year.

Students will come together again either face-to-face or via online session in order to assist you with exam preparation. We will also assist with your course design and practice-teach. A Facebook community will also provide continuous group interaction and assistance from peers and us!

## What continuing education /professional development points are available?

*The birthwell birthright Lamaze Childbirth Educator training seminar has been awarded the following professional development credits;*

This activity is an Australian College of Midwives CPD Recognised Course and 39 CPD Points have been approved for midwives who complete this activity.



32.5 Lamaze Contact Hours may be earned for attending the entire activity and completing a participant evaluation.

28.06 R-CERPs and 0.5 L-CERPs recognized by IBLCE. IBLCE CERPs Recognition Number: LTP Number CLT108-12.

Provider approved by the California Board of Registered Nursing, Provider #15932 for 39.0 contact hours.

This program is recognized by ICEA for 32.5 contact hours. Partial credit is not awarded.



This program has also been accredited by [CAPEA](#) – Childbirth and Parenting Educators of Australia.



## How do I register?

All applicants need to first fill in an [online registration form](#). You will be required to pay a \$400 deposit at the time of registration.

We will then send you written confirmation of your acceptance to the training program, together with detailed information on the next steps. There are early bird incentives for those who book more than one month prior to the start of the program. Payments can be made by direct bank transfer or PayPal (Visa or MasterCard).

## What is your cancellation/refund/transfer policy?

All cancellations/refunds/transfer requests must be done in writing.

1. You may transfer your paid fees to another seminar date no later than 30 days in advance of the seminar start date.
2. For students who have paid for the seminar in-full, cancellations 30 days prior to the start of the seminar will be charged a \$400 fee (the deposit).
3. For those who paid the \$400 deposit to hold your space, your deposit is non-refundable; however it is transferable to another seminar date with 30 days' notice prior to the start of the seminar.
4. If a course is unable to run in-person due to COVID restrictions or state border closures, the course will continue to run as scheduled online.

## What is your Grievance and Appeal Policy?

If a student has any concerns or complaints, please contact Tanya Cawthorne, Director of the birthwell birthright Lamaze Childbirth Educator Training Program Australia, to try to resolve the issue. If the student is not satisfied with the initial outcome, Tanya will request a letter be submitted with the student's desired resolution within 14 days of the initial conversation. Within 30 days, we will provide a resolution based on the student's desires, offer a compromise, or deny the request.

## If I have additional questions, who can I call?

Please read through this document in its entirety and have a look through our [website](#). It answers most questions, but if you still have unanswered questions, we're happy to answer them. You can call Tanya Cawthorne on 0422 067 985 or email [tanya@birthwellbirthright.com](mailto:tanya@birthwellbirthright.com)

## Nursing babies at the Lamaze Training Seminar

Quiet babies in arms (usually under 3-4 months old) are welcome but we ask that you excuse yourself if baby is making noise (happy or otherwise). Childcare is not provided, and older babies are not permitted in order to allow for an ideal learning environment for all participants.

## Seminar Requirements:

1. Complete the seminar [registration form](#).
2. Pay registration fee in full or with a deposit (AUD\$400).
3. Purchase and complete self-study with the [Lamaze Learning Guide](#) before attending the seminar. The cost of the Learning Guide is currently USD\$225 (approx. AUD \$310) and is available through Lamaze International's website and is not included in the registration fee. The *Lamaze Learning Guide* is a downloadable document that you can choose to print and bind if you would like to. Otherwise, it is perfectly acceptable to read the guide on your computer or tablet/iPad.
4. Read the books on our recommended reading list (although reading them prior to the start of the seminar is not required). You'll find the list of recommended reading on our [website](#).
5. Be prepared to **practice-teach a 10-minute segment** to attendees during the seminar. Topics will be emailed in advance for students in order to give them ample time to prepare their teach-back presentation.
6. Attend seminar in full. Partial attendance credit is not given.

## After attending the Seminar

After attending the seminar, it is highly recommended that you also complete the following;

1. Participate in our regular virtual meetups/study sessions which are offered at no extra fee throughout the year, and which are designed to help support you in preparation for the Lamaze Certification Exam.
2. Observe a Lamaze Childbirth Education course in its entirety.
3. Practice-teach at least a portion of a Lamaze course with the support and guidance of a Lamaze Certified Childbirth Educator.
4. Read all the books on the required reading list.

## The Lamaze Exam

The Lamaze Certification Exam is offered twice a year (in May and November) and is a 3-hour online, multiple choice exam. Strict exam conditions must be observed to maintain the integrity of the exam. Lamaze International offers a remote proctoring service, which enables you to sit the exam from the comfort of your own home. N.B. it is the sole responsibility of each student to register themselves and to pay all related exam and certification fees for the Lamaze certification exam. Students are eligible to sit for the Lamaze Certification Exam within THREE years of attending a Seminar. Once you have decided that you are ready to take the Lamaze Certification Exam, you will need to:

1. Complete your registration to sit the Lamaze Certification Exam. More information can be found online [here](#).
2. Take the exam. Currently, the Lamaze exam fee is \$395 USD (approx. \$595 AUD) which also includes a 3-year Lamaze Membership.

## How do I become certified?

Lamaze Certification is achieved by passing the Lamaze International [Certification Exam](#), which is offered twice a year (May & November). In order to maintain your LCCE status, you must [re-certify](#) every three years.



## What's it like to work as a Lamaze Certified Childbirth Educator?

Working as a childbirth educator has many different paths, like any career. But here are some of the things you might want to consider as you're deciding if this is the right path for you:

- ❖ Are you passionate about supporting women and families in their OWN choices and decisions?
- ❖ How much money do you want/need to make from being a childbirth educator?
- ❖ Can you handle working many evenings and weekends?
- ❖ Do you work well with others, and can you see yourself working alongside a variety of other medical professionals?
- ❖ What is your motivation for wanting to become a childbirth educator?
- ❖ What are your long-term plans in the field?

Working as a childbirth educator can be a wonderful rewarding experience, but it is also a responsibility. Parents trust their childbirth educator to provide current evidence-based information upon which they will base their own decisions. It's an important job.

If you are thinking this is the right path for you then we encourage you to come to our training program. If you feel passionate about helping to educate women and their families, then this could be your ideal profession!

**For more information please contact:**

**Tanya Cawthorne, Program Director**

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