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BIRTHWELL BIRTHRIGHT

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# DOULA TRAININGS



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WITH TANYA CAWTHORNE & JENN FONTAINE

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[WWW.BIRTHWELLBIRTHRIGHT.COM](http://WWW.BIRTHWELLBIRTHRIGHT.COM)



# Welcome!

After training hundreds of doulas in Australia and Canada, as well as being hired to create other doula programs, we saw the need to use our experience to take doula education to a new level.

There is a vast difference in the quality of doula training programs that exist out there. We have drawn on our experience over 30 years', as doulas, childbirth educators and trainers to bring you a unique, evidence-based, comprehensive training program. This new enhanced curriculum provides vital content for all doulas wishing to excel in their practice.

We are incredibly excited to bring this training to you - the next generation of Australian doulas!

We are approachable, up to date with research and still supporting families today!

*Tanya Cawthorne*     *Jenn Fontaine*

Tanya Cawthorne & Jenn Fontaine  
Doula Training Directors

# What is a Birth Doula?



Doulas are trained professionals who provide continuous physical, emotional and educational support to their client before, during and just after childbirth with the goal of allowing birthing families to achieve the healthiest and most satisfying experience possible.

Emotional  
Support

We help our clients feel cared for, heard and supported throughout their journey.

Educational  
Support

We help families gather the information they need to become active participants throughout their childbirth journey.

# What is a birth doula?



## Physical Support

We use hands-on comfort measures to help with pain management and support the facilitation of labour progress.

## Advocacy

We encourage clients to voice any thoughts/opinions throughout. We amplify the client's voice and facilitate communication with care providers .

## Doulas are evidence based!

Having a doula can reduce the length of labour, reduce caesarean births, reduce negative feelings about birth and more! (Bohren et al, 2017).



# What is a Postpartum Doula?



A Postpartum doula is a trained professional who is skilled and knowledgeable about the care and development of infants, maternal recovery and adjustment into motherhood. We provide non-judgmental guidance on newborn care and feeding, assist with physical and emotional recovery, care for baby when needed, provide practical household assistance and on occasion care for older siblings. As a postpartum doula the focus is to 'mother the mother'.

## Emotional Support

We use active listening skills to offer encouragement, non judgemental support and assist with the emotional transition into parenthood.

# What is a Postpartum Doula?



## Informational Support

We understand the needs of babies, we help families to build confidence in understanding the unique needs of their newborn. We provide evidence-based resources and a referral network of qualified healthcare and allied health professionals.

## Practical support

Light housework, meal prep, laundry, allow parents to sleep, time to shower, support newborn care, sibling support and more!

## Doulas are evidence-based!

- Increased breastfeeding success
- Facilitate parent-infant bonding
- Decreased incidence of postpartum depression
- Encourages appropriate well-baby and mother care
- Increased parents' confidence in their parenting skills

Source: Nurturing Beginnings, by Debra Pascali-Bonaro



# Professional Development Pathway

The Professional Development Pathway is a 3 day in-person program. We offer two Professional Development programs:

- Birth Doula training
- Postpartum Doula training

You can choose to attend just one or both **professional development courses**.

Both courses are appropriate for students who have had no training but also for trained doulas looking to build on their existing skills and knowledge.

Students will receive a Certificate of Completion on completion of these courses.

If you are looking for full certification you will also need to complete our **certification pathway course**.

## WHAT YOU'LL GET:

- ✓ 3 x full days of in-person training (21 hours)
- ✓ Comprehensive training manual
- ✓ Certificate of Completion

## YOUR INVESTMENT

**\$950.00 EACH COURSE**

# Birth Doula Training



The birth doula 3 day in-person professional development program aims to have you ready to support a wide variety of families as a birth doula. You will be up-to-date with the latest evidence-based information, will be confident with the skills needed to care for birthing families and know what impacts will make a difference in the lives of childbearing families.

## Workshop overview:

- Understanding the role of the birth doula throughout the pregnancy, birthing and postpartum period
  - Supporting partners/family members
  - The history of birth
  - Cultural humility
  - Communication skills
  - Exploring your values
  - Emotional and psychological processes of birth
  - Common medical interventions including pain medications, caesareans, inductions, etc.
  - Facilitation of communication
  - Informed decision-making
  - Non-pharmacological pain management techniques
  - Supporting clients without judgement
  - Conducting client visits
  - Boundaries within your doula role
  - The postpartum period
  - Infant feeding
- Engaging, interactive and personable
  - Latest evidence-based information
  - Ample time to practice hands on skills
  - Practical and relevant information to begin your work



# Postpartum Doula Training



The postpartum doula 3 day in-person Professional development program will help you acquire the knowledge and hands-on skills to support families after the birth of their baby.

You will learn how to best support in the early weeks of parenting, how to provide evidence-based information to help families feel confident in caring for themselves and their baby.

You will be trained in all aspects of care for mothers and their families during the vulnerable postpartum period.

## Workshop overview:

- Clarity in our support role
- Listening skills
- Effective communication
- Processing birth
- Postpartum physiology
- Postpartum physical recovery process and help for common complaints
- Postpartum emotions
- Postpartum mood disorders
- Postpartum relationships, sexuality
- Nutrition and healthy habits, healthy meal planning
- Breastfeeding support and other feeding options
- Referrals
- The needs of the infant; sleep, skin-to-skin, attachment
- Infant care; bathing, baby wearing, nappy options
- Home organisation; recognition of home safety, and tips on household tasks
- Sibling needs and tips
- Supporting multiples, and unique family situations
- Cultural Competency and recognising the role that culture plays
- Evidence-based care and Informed Choice
- Grief and Loss



# Certification Pathway

The Certification Pathway is an extension to our Professional Development Pathway. This is for anyone wanting to elevate their professional training and become better equipped for their work as a doula or postpartum doula.

The Certification Pathway is self paced online course. You will receive access to all our current modules, never before seen tutorials from educators who are at the top of their fields, live video session access and continued personal support and mentorship with Tanya and Jenn.

You must have completed one or both of the Professional Development Pathway courses (doula/postpartum doula) to be eligible for this course.

Students will receive certification on completion of this course based on the type of doula training you have received.

## WHAT YOU'LL GET:

- ✓ 10+ additional education modules. Videos by professionals in their field. Assignments required. (over 40 hours of additional learning!)
- ✓ Live sessions with Jenn and Tanya at set times throughout the year.
- ✓ Continued support and mentorship.

## YOUR INVESTMENT

\$950 (IN-PERSON COURSE) + \$1,200.00  
(SELF-PACED DIGITAL COURSE).

**TOTAL \$2,150 INCL. GST**

# Certification Pathway

## Self-Paced Online Course



You will receive access to the following courses. Each one created with you in mind by an industry expert!

There will be questions and written assignments to facilitate your learning in each module. To successfully complete each module you will have to pass the questionnaires and submit written assignments.

You will also be required to read 4 of the books from our required readings list followed by a short book report of each.

The certification pathway provides you with over 40 hours of education along side live (over Zoom) Q&A sessions with Tanya and Jenn. These session dates will be set well in advance and each session will be recorded so you can refer back to it as needed.

### CERTIFICATION CONTENT:

- ✓ Lactation for doulas
- ✓ Massage for doulas
- ✓ Perinatal mood and anxiety disorders for doulas
- ✓ Trauma informed care.
- ✓ Business and marketing skills
- ✓ Counselling skills/birth debrief

Continued on following page.

# Certification Pathway

## Self-Paced Online Course

### IMPORTANT TIMELINES:

You will have two years from completion of your in-person class certificate date to complete the Certification Pathway requirements.

### Adding the Certification Pathway:

You will have 3 months from the completion of your in person class certificate date to add on the Certification Pathway, this is for anyone who did not originally sign up for both the Professional Development Program and the Certification Pathway.

**Please note:** There are no refunds. it is up to you to complete the work successfully within the two year timeframe.

### CERTIFICATION CONTENT:

- ✓ Preventing burnout
- ✓ Supporting families through loss
- ✓ Pelvic floor supportive care
- ✓ Infant sleep for doulas
- ✓ Nutrition
- ✓ Being an inclusive doula
- ✓ Trouble shooting as a doula and Maternity system expectation from the doula perspective



# Why we recommend the Certification Pathway

Our goal is to train the best doulas in Australia. We want you to start your doula practice feeling knowledgeable, confident and skilled. Many doula training programs focus primarily on the hands-on skills to support your clients during labour, and while these are important, we feel that they form just one aspect of your role as a doula. Today's maternity care system is complex and highly interventionist. Your clients will be looking to you for guidance and knowledge to help them navigate the often very confusing and overwhelming maternity care system, enabling and empowering them to make informed decisions that are best for them and their baby.

We also understand that health care is not equitable and many people are marginalised and experience disrespectful care - another reason families are hiring doulas. Acquiring this knowledge takes time and we don't think you should rush your training. Take the time and invest in your learning. You and your future clients will thank you!



# PATHWAY TO CERTIFICATION

## Become a certified birth doula

COMPLETE 3 DAY  
IN PERSON  
**BIRTH DOULA  
PROFESSIONAL  
DEVELOPMENT  
COURSE**  
\$950

CERTIFICATE OF  
COMPLETION

COMPLETE SELF  
PACED ONLINE  
**CERTIFICATION  
PATHWAY  
TRAINING**  
\$1,200

BIRTH DOULA  
CERTIFICATION  
**TOTAL \$2,150**

## Become a certified postpartum birth doula

COMPLETE 3 DAY  
IN PERSON  
**POSTPARTUM  
DOULA  
PROFESSIONAL  
DEVELOPMENT  
COURSE**  
\$950

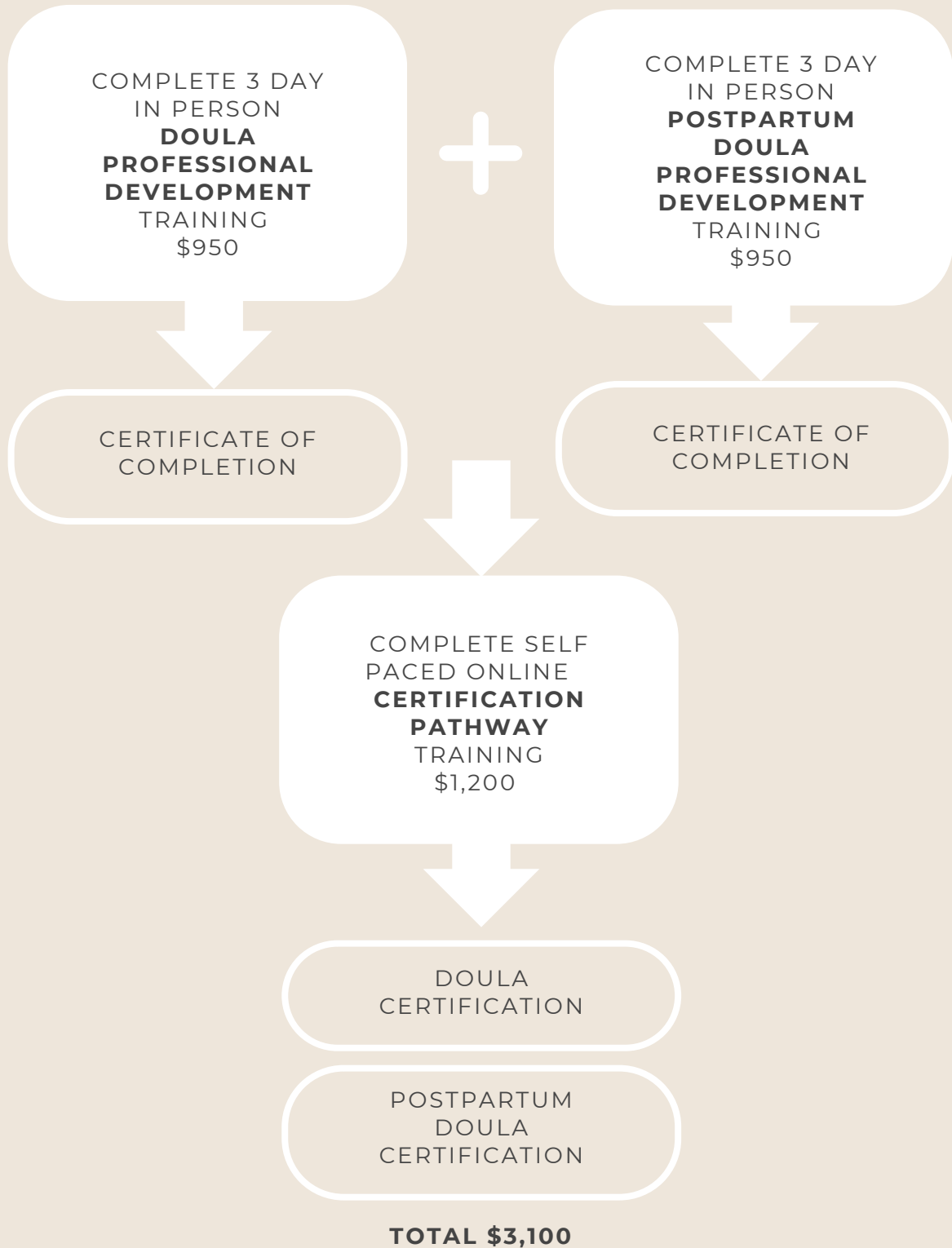
CERTIFICATE OF  
COMPLETION

COMPLETE SELF  
PACED ONLINE  
**CERTIFICATION  
PATHWAY  
TRAINING**  
\$1,200

POSTPARTUM  
DOULA  
CERTIFICATION  
**TOTAL \$2,150**

# PATHWAY TO CERTIFICATION

Become a certified birth doula and postpartum doula



# Additional course content details:

## 1 **Lactation for doulas:**

Learn how to support clients through basic lactation. How do our bodies make milk? Latch, positioning, troubleshooting, when to refer etc.

## 2 **Massage for doulas:**

Additional massage skills that are useful for doulas! As well as the importance of infant massage, with tips!

## 3 **Perinatal mood & anxiety disorders**

In-depth details into perinatal mood disorders, how they impact a family, recognize concerning behaviours, where and when do we get additional support for our clients.





# Additional course details:

4

## **Trauma informed care**

What is trauma? How can it impact your clients? How can you support someone who has experienced trauma? I'm glad you asked! This class will cover all this and more!

5

## **Business skills for doulas**

You now have skills and are ready for work. What is standing in your way? How do you find clients? How do you decide what to charge? Learn what you need to know to get started and grow your doula business.

6

## **Counselling skills/debriefing birth (6 hours)**

Learn how to emotionally deep dive with your clients, and support them through tough times. How can we talk about their birth in a way that promotes healing and prevents re-traumatizing them? This course will be taught by Dancy Perinatal. Click on link for more information.

<http://tinyurl.com/45dyfv7d>



# Additional course details:

## 7 Preventing burnout

Did you know that most doulas burn out after just 3 short years?

Learn how to take care of yourself while caring for others. Learn about setting healthy boundaries and building a sustainable business.

## 8 Supporting families through loss

Gain important skills to support families who are experiencing a loss. What things to avoid and how to help families feel supported through this difficult time.

## 9 Pelvic floor supportive care

Women make up 80 per cent of people who report living with incontinence, with many experiencing problems after childbirth. As doulas, how can we help our clients to be proactive and reduce the risk of future incontinence problems? Class by **B from Core and Floor Restore**.



# Additional course details:

**10 Infant sleep for doulas**  
What is normal newborn sleep? How we can support families with this important topic? Connection, realistic expectations and practical tips!

**11 Nutrition for clients**  
What foods help promote healthy hormonal balances, healthy development for our growing baby and optimal recovery for our bodies? What are the most common deficiencies for our clients? How can we support families to eat well during this important time?

**12 Being an inclusive doula**  
Want to learn about other cultures and supporting all families? This class will visit necessary information to be an inclusive doula!





# Other requirements for certification completion



## ADDITIONAL CERTIFICATION REQUIREMENTS:

- Complete all video learning classes and submit required paperwork
- Complete required reading and submit a short write up for each book
- Support families and complete required write ups

Details around each step and expectations will be clearly explained as well as ongoing mentorship and support.



# Other requirements for certification completion



## READING requirements for certification completion:

### Birth Doula Certification

- Pregnancy, Childbirth and the Newborn by Penny Simkin [REQUIRED]

### Plus select 3 additional books from the list below

- The Birth Partner by Penny Simkin
- The Doula Book by Klaus & Kennell
- Birth With Confidence & Beyond the Birth Plan by Rhea Dempsey
- The Complete Australian Guide to Pregnancy and Birth by Sophie Walker & Jodi Wilson
- Reclaiming Childbirth as a Rite of Passage by Dr. Rachel Reed
- Book of your choice, with prior approval

### Postpartum Doula Certification:

- Pregnancy, Childbirth and the Newborn by Penny Simkin [REQUIRED]

### Plus select 3 additional books from the list below

- Breastfeeding made simple by Nancy Mohrbacher IBCLC, FILCA, Dr Kathleen Kendall-Tackett PhD IBCLC
- The Postnatal Depletion Cure by Dr Oscar Serralach
- Mama Rising by Amy Taylor-Kabbaz
- Gentle Birth Gentle Mothering by Dr. Sarah Buckley
- Book of your choice, with prior approval

## BIRTH DOULA

# SUPPORT SERVICES

01

### SUPPORT THREE CLIENTS

YOU MUST SUPPORT THE CLIENTS FROM THE ONSET OF ACTIVE LABOUR\* THROUGH THE IMMEDIATE POSTPARTUM PERIOD

02

### EVALUATION FROM CLIENT

ASK YOUR CLIENTS TO WRITE UP A FEW SENTENCES ABOUT THE SUPPORT YOU OFFERED THEM AND WHAT THEY FOUND HELPFUL

03

### WRITE UP YOUR EXPERIENCES

WRITE UP ABOUT YOUR EXPERIENCES. WHAT WAS HAPPENING, HOW DID YOU SUPPORT THE CLIENT, HOW DID YOU FEEL THROUGHOUT THE PROCESS, HOW DID THE CLIENT REACT, ETC.



# SUPPORT SERVICES

01

## SUPPORT THREE CLIENTS

YOU MUST SUPPORT THE CLIENTS WITH A NEWBORN (UP TO 12 WEEKS OLD) FOR AT LEAST 12 HOURS PER CLIENT.

02

## CLIENT EVALUATION

ASK YOUR CLIENTS TO WRITE UP A FEW SENTENCES ABOUT YOUR SUPPORT FOR THEM.

03

## WRITE UP ABOUT YOUR EXPERIENCES

WRITE UP ABOUT YOUR EXPERIENCES. WHAT WAS HAPPENING, HOW DID YOU SUPPORT THE CLIENT, HOW DID THEY REACT? ETC.





# Testimonials

"SO MUCH fun! Wonderful activities ."

"Thank you so much! It was a fantastic training. I learnt so much."

"I liked how Jenn explained everything clearly, right from the beginning and gave as many options as possible to learn."

"I highly enjoyed studying with Jenn Fontaine to become a doula. I realised the deep value of a professional trainer that not only expertly guides you through the practical elements of how to work with mothers but the strong ethical and professional standards we should hold ourselves to, in order to truly serve women and make change. Jenn is truly a master of her craft and well suited to the high expectations of Australian hospitals."



"Thank you for everything. Such an honour to be in your class.."

"I had such an amazing experience. I'm honestly in absolute awe of your resilience, kindness and understanding of others. Let alone your depth of knowledge."



# FAQ's

## **Why should I choose your training?**

Tanya and Jenn bring over 30 years' of knowledge and expertise, both in Australia and internationally. It's our goal to train the best, most competent, knowledgeable doulas in Australia.

## **Do I need any special knowledge or background to do your trainings?**

No! Everyone is welcome. If you know nothing about birth and babies - join us! If you have had children - join us! If you have not had children - join us! If you have loads of childbirth and baby experience - join us!

## **How long do I have to complete the certification process?**

You have two years from the date of your in-person course to complete the certification process. If you do not complete the process by that time, you will not receive your certificate of certification.

## **What happens if I didn't sign up for the certification pathway and I want to add it?**

You can add the Certification pathway up to three months after your in-person class.

## **What if I want to be certified only birth OR postpartum?**

No problem! Just sign up for either the birth OR postpartum course and then add the certification pathway. \$950 plus \$1,200. Total fee \$2,150.

## **What if I want to be certified in birth and postpartum?**

This is the best value! Sign up and pay for the birth and postpartum trainings \$950 each and then the certification pathway \$1,200. Total fee \$3,100.

# FAQ's

## What is your refund policy?

**There are no refunds once commitment is made. Workshops are non-refundable once registered.**

### **Transfer policy**

If you are unable to attend the workshop you are initially registered for, AND you notify us at least two weeks before the workshop start date, you may transfer to another workshop offered by Jenn Fontaine in the next 24 months ONCE for \$100 additional fee if space is available. If you are unable to do this, the full fee is forfeited.

It is your responsibility to contact us in a timely manner in writing at least two weeks prior to the start of the workshop, of your request to transfer. It is also your responsibility to stay on top of future dates for the replacement workshops you would like to attend, so we can determine if space is available.

You are unable to transfer to another workshop if your request is less than two weeks from the workshop start date.

### **Policy after the workshop starts**

Once the workshop begins, you are required to attend 100% of the workshop with full engagement. You will not receive a certificate of completion for this workshop if you miss or are unable to engage fully in the complete and entire workshop.

If you miss up to two hours of a workshop, you must book a private Zoom session with Jenn and/or Tanya at a cost of \$75/hour (one hour minimum) to cover the missed content within two weeks of the end of the workshop. It is your responsibility to reach out and schedule with us. If you do not complete this missed workshop time within two weeks, the next paragraph applies.

If you have missed more than two total hours of any workshop, you may attend the missed session(s) in another of our workshops within the next 12 months from the missed workshop end date for a fee of \$100. If you are unable to do this, the full workshop fee is forfeited and you are required to re-enrol in a new workshop of your choice at full registration.

# Meet your trainers:

Tanya is a Melbourne-based Lamaze Certified Childbirth Educator (LCCE), Lamaze program director, doula and a Fellow of the Academy of Certified Childbirth Educators (FACCE). Tanya is also the co-founder of Lamaze Australia and has previously served as the President of Lamaze International. She is currently completing her master's degree in Women's & Children's Health at the University of Technology Sydney (UTS).

She is a passionate advocate for evidence-based, woman-centred maternity care and is a prolific writer on all things related to birth and early parenting. Her articles have appeared in The Journal of Perinatal Education, Australian Midwifery News, Connecting the Dots (blog of Lamaze International), Interaction – the journal of the Childbirth and Parenting Educators Association of Australia (CAPEA), International Doula, Empowering Birth Magazine and Rockstar Birth Magazine.

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

EMAIL TANYA:

[TANYA@BIRTHWELLBIRTHRIGHT.COM](mailto:TANYA@BIRTHWELLBIRTHRIGHT.COM)



Jenn has been supporting families as a birth and postpartum doula (attending several hundred births) and childbirth educator (preparing over a thousand new families) since 2002.

Over the years, while supporting families, Jenn has made education a priority. She trained with Penny Simkin personally to become a birth doula trainer as well as a When Survivors Give Birth Instructor. Jenn is also a certified Lamaze Educator and accredited Lamaze Program Trainer.

In 2016 Jenn was given the honour of being inducted as an FACCE (Fellow of the Academy of Certified Childbirth Educators), a fitting recognition of her significant contribution to childbirth education and her effort to promote safe and healthy birth through evidence-based practice.

Jenn is passionate about passing along her knowledge to families and other doulas. Jenn is a sought after instructor, she's traveled all over the world to teach and help new doulas find their own path. She supports those in need as a crisis phone councillor prioritizing mental health well being and trauma informed care. She currently lives in Manitoba, Canada with her wonderful husband, her four amazing kids and drooling bulldog.

EMAIL JENN:

[JENN@ITSBIRTH.CA](mailto:JENN@ITSBIRTH.CA)



Ready to start your doula journey?  
Click [HERE](#) to register today!

Have more questions?  
Email: [info@birthwellbirthright.com](mailto:info@birthwellbirthright.com)

*"If a doula were a drug, it would be  
unethical not to use it."*

- DR JOHN H. KENNEL, MD

