

WEST MICHIGAN MIDWIFERY

DOULA TRAINING WORKBOOK

INFO@WESTMICHIGANMIDWIFERY.COM

Hello!

We're so glad you're here!

With the current state of maternal care in the United States, something needs to be done.

We're putting boots on the ground and raising a generation of world changing doulas.

We're here to equip and empower our doulas with emotional intelligence, evidence based practices, and sustainable working models.

Without taking all of your time and money.

Be prepared to improve outcomes for families, build a career, and be a wave in this world changing movement.

Sincerely,



The Team

westmichiganmidwifery.com

info@westmichiganmidwifery.com

WEST MICHIGAN
MIDWIFERY

Get It Done.

We've made it simple. Again, we're here to help you get to birth work, not spend your time doing paper work.

- Complete Required Reading and Reading Log
 - Can be completed at any time during the certification process.
- Complete the Online Learning Materials
 - Needs to be complete prior to attending in person workshop
- Submit Course Review Signature Page
 - Needs to be reviewed & signed by one instructor
- Sign & submit the Ethics & Code of Conduct Agreement
 - This is done digitally in your online content
- Complete the Post Workshop Survey
- Get to work changing the world!

No Certification Births.
No Pricey Packets.

Get It Done. Again.

Your Certification needs to be renewed every two years. Here's what it takes!

- Read ONE relevant book and complete the Reading Log
 - The books don't have to be pre approved for from any list. We trust you.
- Attend ONE relevant class, lecture, webinar, etc.
 - Learn more about something you're passionate about, then tell us all about it!
 - The course can be free, paid, virtual, or in person.
- Attend ONE mentorship meeting with another birth worker.
 - This can be someone on our team, or someone else you look up to in the birth world.
 - Must be at least one hour long.
 - Can be completed in person or virtual
- Sign & submit the Ethics & Code of Conduct Agreement
 - Just to make sure we're all still on the same page.
- Pay the \$75 renewal fee.
 - This just helps us pay the team member who processes your renewal!
- Get back to work changing the world!

Required Reading

These books have been chosen by our team as “must reads” for doulas! You can buy the books online, listen to the audio version, or borrow it from a friend or the library!

- Pregnancy, Childbirth, and the Newborn - Penny Simpkin
- Changing Birth On Earth - Gail Tully
- Atlas of the Heart - Brene Brown
- Babies Are Not Pizzas: They're Born Not Delivered - Rebecca Dekker
- What No One Tells You: A Guide to Your Emotions From Pregnancy to Motherhood - Dr. Alexandria Sacks and Dr. Catherine Birndorf
- Killing The Black Body: Race, Reproduction, and the Meaning of Liberty - Dorothy E. Roberts
- Everything Below The Waist - Jennifer Block
- Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health - Toni Weschler, MPH
- The Womanly Art of Breastfeeding - Diane Wiessinger

These can be completed at any time during the certification process.

Recommended Reading

These books have been chosen by our team as “must reads” for doulas! They are not required for certification, but can be used for Renewal, or for another great learning opportunity!

- Baby Catcher: Chronicles of a Modern Midwife - Peggy Vincent
- Building a Story Brand: Clarify Your Message So Customers Will Listen - Donald Miller
- Lean in: Women, Work, and the Will to Lead - Sheryl Sandberg
- Like a Mother: A Feminist Journey Through the Science and Culture of Pregnancy - Angela Garbes
- Gentlebirth: Your Positive Birth Begins Here - Tracy Donegan
- Birthing From Within: An Extra-Ordinary Guide to Childbirth Preparation
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending out Hearts and Bodies - Resmaa Menakem

Do you have recommendations to add to this list? Let us know! We'd love to hear from you!



Reading Log

For each book you read, please answer the following. Please type out your responses and submit in the Required Reading module in the online content.

1

Tell us about something in the book you already knew, or have heard about before. If you didn't know any of it, that's ok too!

2

What's something new you learned in the book? Did you know it all already? Tell us that then! Where did you learn it from before?

3

What did you think of the book? We want your honest opinion. Did you find the information helpful? Where can you apply it in your birth work?

Sample Response:

Book: Real Food For Pregnancy - Lily Nichols

1- I've learned about the importance of nutrition in pregnancy before. This book helped refine that knowledge for me!

2 - I had know idea that many things women aren't "supposed" to eat can actually be pretty safe, as long as you know it's from a reputable source!

3 - I really enjoyed this book. The recipes will be a great resource to share with my clients!



SPROUT AND BLOSSOM

COURSE REVIEW

You will receive the course review on the first day of the in person training. This will serve as your “proof” that you attended and paid attention to the in person content! It will also serve as a launching pad for your birth work business! Dream Big! You’ve got a world to change!

A Few More Things

ONLINE LEARNING

This content is to help prepare you for the fast paced in person workshop! Learning some of the information in advance leaves more time for learning hands on skills, conversation, and answering your questions!



SPROUT AND BLOSSOM BIRTH

Ethics & Code of Conduct

- Confidentiality: As a doula, I will maintain the privacy and confidentiality of the Families I work with. This includes:
 - Sharing any personal or medical information without the mother's explicit consent.
 - Sharing photos or birth stories on social media without consent.
 - Protecting the identity of your client when processing with other birth workers.
- Non-judgmental support: I will provide unbiased and non-judgmental support to the family, regardless of the choices regarding childbirth and parenting.
 - This includes knowing when a client may not be a good fit for you, and providing referrals to someone who can best support them.
- Scope of practice: I am aware of and agree to practice within the Doula scope of practice as stated below:
 - A doula is a trained professional who provides support to families during pregnancy, childbirth, and postpartum.
 - During pregnancy, a doula can provide emotional and physical support to the family and help them prepare for labor and delivery. This may include providing information on childbirth education classes, nutrition, exercise, and relaxation techniques. For anything that falls outside of this scope, doulas can refer to other providers in the community who have the scope to support the client.
 - During labor, a doula can provide continuous support to the family. This may include providing comfort measures such as massage, positioning, and breathing techniques, as well as supporting communication with medical staff. Doulas do not communicate to medical providers on behalf of the client.
 - After childbirth, a doula can provide support to the mother and her family during the postpartum period. This may include breastfeeding support, newborn care education, and emotional support.

Ethics & Code of Conduct (continued)

- Doulas do not provide medical care or make medical decisions for the client: I will not recommend or provide medications, supplements, etc. I will provide resources or data to clients to support their informed decision making regarding medical care, medications, and supplements.
- Professionalism: I will maintain a professional demeanor and be respectful of the family, other doulas, and any healthcare providers involved in the childbirth process.
- Cultural competence: I will be aware of and respectful of the cultural and religious beliefs of the family and those in my community. I will continue to listen to and learn from marginalized voices.
- Continuing education: I will continue to educate myself on best practices and new developments in the field of childbirth and doula support.

By signing this document I am agreeing to abide by the listed code of conduct. I agree to be the best doula I can be and play my part in changing the world, one birth at a time.

Print Name

Signature

Date



Are you ready to change the world with us?



Being able to support families during birth is one of life's greatest honors. We are so proud of you and can't wait to hear about all of the wonderful things you'll do as a doula!

If you haven't enrolled in the course don't wait! We have limited space in each, and we don't want you to miss out!

We will have scholarships available as funding comes in, so reach out any time if you'd like more information regarding tuition assistance.

We're looking forward to meeting you, hearing your story, and growing together! Once you've enrolled online you'll have immediate access to your materials so you can be on your way to the best job ever!

If you have questions or need help don't hesitate to reach out! We're here for you! We'll see you soon at the in person training!

Sincerely,

The Team



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