

DONA International Birth Doula Training

Jacksonville, Florida

November 5-7, 2010



Art by Melony Kendall

COURSE SCHEDULES AND LOCATION

BREASTFEEDING COURSE

Friday, November 5
9:00 am - 1:00 pm

DOULA WORKSHOP

Friday, November 5
2:00 pm - 7:00 pm
Saturday, November 6
9:00 am - 6:00 pm
Sunday, November 7
9:00 am - 4 pm

WHAT TO BRING

Pen, water, and snacks. There are plenty of restaurants in the area.

LOCATION

Yoga Ananda
4154 Herschel St.
Jacksonville, FL 32210
LOST? Call 904-813-5822

SEND REGISTRATION TO:

The Birth Company
P.O. Box 2346
Ponte Vedra Beach, FL 32004

MORE INFORMATION

904-285-0028
www.thebirthcompany.com
rae@thebirthcompany.com

REGISTRATION DUE BY:

October 28, 2010

Paypal Accepted

Course Descriptions and Fees

BIRTH DOULA TRAINING \$275

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.

BREASTFEEDING COURSE \$45

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 - see the entire list at www.dona.org:

- *The Birth Partner* by Simkin
- *The Doula Book* by Klaus
- *The Breastfeeding Answer Book* by Morhbacher

ABOUT THE TRAINER

Rae Davies has been a childbirth educator for over thirty-five years and a DONA Doula Trainer since 1996. She is a board certified



lactation consultant (IBCLC) and is the Health Care Practices Task Force Co-coordinator of the World Alliance for Breastfeeding Action (WABA). Rae is currently the Administrative Director for the International MotherBaby Childbirth Organization (www.imbci.org), and serves on the board of directors for the Florida School of Traditional Midwifery.

19.5 National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) CE's available

Registration Form - Jacksonville, November 5-7

Name

Address

Phone and Email

Courses attending: Doula Training \$275 Breastfeeding Course \$45