

# DONA Doula Training ♦ Breastfeeding Course Jacksonville, FL May 21-23, 2010

## Course Schedules and Location

### Breastfeeding Course

Friday, May 21

9:00 am to 1:00 pm

### Birth Doula Workshop

Friday, May 21

2:00 pm to 8:00 pm

Saturday, May 22

9:00 am– 6:00 pm

Sunday, May 23

9:00 am - 4:00 pm

**What to Bring:** Bring pen, water, and snacks/lunch/dinner, or be prepared to go to one of the local restaurants.

### **Location:**

Yoga Ananda  
4154 Herschel St., Jax  
Between St Johns and San Juan Ave near Avondale  
Follow direction from [www.yogaanandastudio.com](http://www.yogaanandastudio.com) at "Contact Us"  
Or call Rae 904-813-5822

### **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 who provide continuous physical, emotional and informational support during and just after birth. Texts, supplementary literature, videos, and role-play will be used to build theoretical knowledge and practical skills. Attendance constitutes one step in the process to become a DONA International Certified Doula CD(DONA). Requirement information is available at [www.dona.org](http://www.dona.org).

### **Breastfeeding Requirement (\$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:

- *The Birth Partner* by Simkin
- *The Doula Book* by Klaus & Kennell
- *The Breastfeeding Answer Book*, LaLeche League Intl

Texts can be purchased online from DONA at [www.dona.org](http://www.dona.org) or call 888-788-DONA.



Rae is the doula providing support.

### **About the trainer:**

**Rae Davies** has been a childbirth educator for over thirty years and a DONA Doula Trainer since 1996. She is an IBCLC and is the Health Care Practices Task Force Co-coordinator for the World Alliance of Breastfeeding Action (WABA). Rae is the past Executive Director of the Coalition for Improving Maternity Services (CIMS) and is currently the Administrative Director of International MotherBaby Childbirth Organization.

**Send Registration to:**  
The Birth Company  
P.O. Box 2346  
Ponte Vedra Bch, FL 32004

**For more information:**  
904-285-0028  
[www.thebirthcompany.com](http://www.thebirthcompany.com)  
[rae@thebirthcompany.com](mailto:rae@thebirthcompany.com)

**Registration Due:**  
**May 14, 2010**  
*PayPal accepted using your credit card*

## Registration Form ♦ Jacksonville, May 21-23, 2010

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone/Fax/Email \_\_\_\_\_  
\_\_\_\_\_

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