

DONA Doula Training ♦ Breastfeeding Course

Bayamon, Puerto Rico

July 8-11, 2010

Course Schedules and Location

Introductory Course

Thursday, July 8

9:00 am - to 6:00 pm

Breastfeeding Course

Friday, July 9

9:00 am to 1:00 pm

Birth Doula Workshop

Friday, July 9

2:00 pm - 8:00 pm

Saturday, July 10

9:00 am - 6:00 pm

Sunday, July 11

9:00 am - 4:00 pm

What to Bring: Bring pen, water, and snacks/lunch/dinner. There are also restaurants in the area

Location:

Creciendo Juntos en
Puerto Rico
Carr. 174 #89
Urb. Agustin Stahl
Bayamon, PR 00956
Tel.1-787-269-9696

Birth Doula Training (\$400)

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.

Breastfeeding Requirement

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 on-line from DONA at www.dona.org or call 888-788-DONA.



Rae is the doula providing support.

About the trainers:

Rae Davies has been serving women during pregnancy and birth for over 30 years as a doula, childbirth educator and as an IBCLC. She is the Health Care Practices Task Force Co-coordinator for the World Alliance of Breastfeeding Action (WABA). Rae is currently the Administrative Director of International MotherBaby Childbirth Organization www.imbci.org. **Augie Riguel** is a childbirth educator, doula, program director and DONA volunteer.

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

For more information:
904-285-0028
www.thebirthcompany.com
rae@thebirthcompany.com

\$200 Deposit due:
June 24, 2010
Balance due: July 1
PayPal accepted

Registration Form ♦ Bayamon, July 8-11, 2010

Name _____

Address _____

Phone/Fax/Email _____

All 3 courses \$400 Intro Course Doula Training Breastfeeding Workshop