

BABES

Forging Integrative Alliances
to Better Maternity Care

DOULA

CERTIFICATION
PACKET

2023



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Welcome to the BABES Tribe!

We are excited to have been the guide through your doula training experience. This is your certification packet. Please read through this packet carefully, as it contains all the requirements to submit for certification. You have two years to complete all requirements after you begin training with us. All paperwork and requirement tracking is the responsibility of the learner, your trainers will not be keeping records for you. Please submit packet only when it is complete via email to: betteryourbirthbusiness@gmail.com.

Mission Statement

BABES mission is to offer and maintain quality woman-centered training and certification systems for multiple routes of birth professionals. We believe forging integrative alliances build lasting relationships and ultimately improve maternity care. Our goal is to build these lasting relationships with front line birth professionals and help women with the passion for birth work, create sustainable business opportunities.

The guidelines set forth in this certification packet have been developed with Holistic Childbirth Midwifery Institute, reference to national certifying standards formulated by the Institute for Credentialing Excellence (ICE), and University of Alaska School of Business Management graduates.

Certification Overview

- Attend a hands on in person workshop * Optional
- Complete online course work and quizzes with an 80% or higher
- Read the required books from the reading list
- Attend required births
- Submit client feedback forms & birth reflections
- Perform interviews and submit interview forms
- Observe childbirth education series & Breastfeeding class
- Community Resource Guide
- Essay
- Sit for exam
- Turn in certification packet

Childbirth Education Class Observation

- You will need to observe two childbirth education series and a breastfeeding class.
- One of the childbirth education series needs to be an out of hospital series.
- The breastfeeding course may be done online.
- Please contact BABES if you have trouble finding a childbirth class to observe.
- Fill out Childbirth & Breastfeeding Education Observation Form and have instructor sign it.

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Resource List

You will be required to create a resource list which includes 50 listings in at least 10 categories. This list should assist you as a doula. Consider the resources your clients will need. This list can include categories such as, but not limited to:

- Obstetricians
- Midwives
- Pediatricians
- Chiropractors
- Acupuncturists
- Prenatal Massage Therapists
- Nutritionist
- Prenatal Fitness – Yoga
- Local Maternity Stores
- Henna / Mother's Blessings Services
- Childbirth Educators
- Maternity Photographers
- Birth Photographers
- Birth Videographers
- Lactation Consultants
- Placenta Encapsulation
- Parenting Classes
- Infant Massage Classes
- Postpartum Doulas
- Night Nurse Services
- Pelvic Floor Therapists
- Belly Binding Specialists
- Sleep-training Specialists
- Therapists
- Local childcare options
- Adoption Agencies
- Diapering classes or services
- Baby-wearing classes
- Mama Support Groups
- Loss providers and services
- VBAC Support Groups
- Teen Support Groups
- Abuse Resources
- Lactation Support Groups
- Local Milk Bank
- Best Birth or Pregnancy Apps

Birth Experience

- Trained doulas are required to attend 4 births for their certification.
- Births must occur AFTER enrolling in the training program
- Three births, the doula must be the primary doula. One births can count if the doula is observing or shadowing another doula.
- Only one cesarean section is permitted for the three births.
 - It cannot be a scheduled cesarean section. The doula must have supported the mother in labor before the cesarean.
 - Exceptions can be made if the doula provides a description of their support prenatally, during the delivery, immediate postpartum, and postpartum follow-up.
- Doulas must have been present for at least 2 hours of face-to-face support.
- Fill out Birth Attendance Form BD-200
- Have clients fill out Birth Feedback Form BD-300

Birth Reflections

Self-reflection is an important part of birth work. We must be able to learn and grow from our experiences.

- Doulas must submit a birth reflection for three births.
- Fill out Birth Reflection Form BD-201

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Interviews

Learning about different birthing experiences helps us learn how we would act in different situations and gives us a window into what real life birth experiences are like.

- Interview at least three people about their birth experiences
- At least one women who had an unmedicated vaginal birth, one who had some type of medicated augmentation, and one who experienced a cesarean section.
- Fill out Interview Form BD-301

You will also be required to interview at least two medical professionals in the birth world.

- These will need to be two different types of professionals. This could include one obstetrician and one midwife.
- Fill out Medical Interview Form BD-302a & BD-302b

Reading Requirements

Throughout your training with BABES you will be required to read a number of books from the following reading list. You will need to read a total of 10 books. You will be required to write a book review via email. There are no required books, but a list of books within categories to choose from. This allows you to choose books that will most interest you and best help you learn the content provided. Do not read or do reviews on books you have already read.

Read designated number of books in each category.

1	Being a Doula	1	Postpartum
1	Pregnancy	1	Cesarean
2	Labor and Birth	1	Birth Politics
1	Breastfeeding		

The following categories are optional but encouraged

1	Parenting	1	Special Circumstance
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Doula Support

- The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions-Penny Simkin-2013
- The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth- Marshall H. Klaus, John H. Kennell and Phyllis H. Klaus- 2012
- Labor Progress Handbook-Penny Simkin-2017
- Mothering the New Mother: Women's Feelings & Needs After Childbirth- Sally Placksin 2000
- A Doula's Journey: Into the World of Birth- Sarah Goldstein-2014

Pregnancy

- The Complete Book of Pregnancy and Childbirth (Revised)- Sheila Kitzinger- 2003
- Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices- Sarah J. Buckley, M.D.- 2008
- The Natural Pregnancy Book: Herbs, Nutrition, and Other Holistic Choices - Aviva Jill Romm- 2014
- The Pregnancy Book - William and Martha Sears- 2013
- Pregnancy, Childbirth, and the Newborn: The Complete Guide-Penny Simkin, April Bolding, Ann Kepler, Janelle Durham and Janet Whalley- 2010
- Pregnancy the Natural Way - Zita West-2001
- The Scientification of Love - Michel Odent-2014

Labor and Birth

- Birth without Violence - Frédérick Leboyer M.D.- 2009
- Birthing from Within – Pam England, Rob Horowitz- 1998
- Ina May's Guide to Childbirth- Ina May Gaskin- 2003
- Gentle Birth Choices- Barbara Harper- 2005
- Spiritual Midwifery- Ina May Gaskin- 2002
- Childbirth Without Fear: The Principles and Practice of Natural Childbirth- Grantley Dick-Read- 2013
- The Labor Progress Handbook: Early Interventions to Prevent and Treat Dystocia-Penny Simkin and Ruth Ancheta- 2011

Breastfeeding

- The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America, Revised & Updated Edition- Jack Newman M.D. & Teresa Pitman- 2006
- The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning Martha & William Sears- 2000
- The Nursing Mother's Companion – Sixth Edition-Kathleen Huggins- 2007
- Breastfeeding Your Baby: Revised Edition - Sheila Kitzinger- 1998

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- Breastfeeding: How to Breastfeed Your Baby-Mary Renfrew, Chloe Fisher & Suzanne Arms-2004
- Dr. Jack Newman's Guide to Breastfeeding- Jack Newman and Teresa Pitman-2009
- The Womanly Art of Breastfeeding- Diane Weissinger, Diana West and Teresa Pitman (La Leche League International)- 2010
- Birth and Breastfeeding: Rediscovering the Needs of Women During Pregnancy and Childbirth- Michel Odent- 2008
- Healthy Mother, Better Breastfeeding -Francesca Naish & Janette Roberts- 2002
- Breastfeeding Management For The Clinician: Using the Evidence- Marcia Walker- 2013
- Ina May's Guide to Breastfeeding- Ina May Gaskin-2009

Postpartum

- After the Baby's Birth: A Complete Guide for Postpartum Women-Robin Lim-2004
- Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression- Shoshana S. Bennett Ph.D. & Pec Indman- 2006
- The Hidden Feelings of Motherhood: Coping with Stress, Depression, and Burnout - Kathleen A. Kendall-Tackett- 2001
- Natural Health after Birth: The Complete Guide to Postpartum Wellness-Aviva Jill Romm-2002
- Sleepless Days: One Woman's Journey Through Postpartum Depression- Susan Kushner Resnick- 2001
- This Isn't What I Expected: Overcoming Postpartum Depression-Karen Kleiman & Valerie Raskin- 2013

Cesarean & VBAC

- Birthing Normally After a Cesarean or Two-Hélène Vadeboncoeur- 2011
- The Caesarean-Michel Oden- 2004
- Cesarean Voices-Martha Basham, Jill MacCorkle, Krista Cornish Scott, Laureen Hudson and Pam Hite Udy- 2007 (ICAN)
- Don't Cut Me Again! True Stories about Vaginal Birth After Cesarean (VBAC)-Angela J. Hoy-2013
- Silent Knife: Cesarean Prevention and Vaginal Birth after Cesarean (VBAC) - Nancy Wainer Cohen
- Vaginal Birth After Caesarean: The VBAC Handbook-Helen Churchill and Wendy Savage-2010
- The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean - Diana Korte

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Birth Politics

- Birth Crisis- Sheila Kitzinger-2006
- Pushed: The Painful Truth About Childbirth and Modern Maternity Care-Jennifer Block-2008
- Birth: The Surprising History of How We Are Born-Tina Cassidy-2007
- Born in the USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First-Marsden Wagner-2008
- Vaginal Politics: A Midwife Story-Judy Lee & Bette L. Waters-2003
- Birth as an American Rite of Passage-Robbie E. David-Floyd-2004
- The Politics of Birth-Sheila Kitzinger-2005

Parenting

- The Attachment Connection: Parenting a Secure and Confident Child Using the Science of Attachment Theory-Ruth Newton PhD-2008
- Dissolving Illusions: Disease, Vaccines, and The Forgotten History-Suzanne Humphries M.D. and Roman Bystryanyk-2013
- Primal Health: Understanding the Critical Period Between Conception and the First Birthday-Michel Odent-2007
- The Vaccine Book: Making the Right Decision for Your Child (Sears Parenting Library)-Robert W. Sears M.D.-2011
- The Baby Book, Revised Edition: Everything You Need to Know About Your Baby from Birth to Age Two-William Sears, Martha Sears, Robert Sears and James Sears-2013

Special Circumstance

- The Bereaved Parent - Harriet Sarnoff Schiff
- Choosing Naia: A Family's Journey-Mitchell Zuckhoff-2003
- Disability in Pregnancy and Childbirth-Stella Francis McKay-Moffat-2007
- Education & Counseling for Childbirth - Sheila Kitzinger
- Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy - Pam Vredevelt
- Ended Beginnings - Claudia Panuthos
- Expecting Adam: A True Story of Birth, Rebirth, and Everyday Magic - Martha Beck
- Raising Henry: A Memoir of Motherhood, Disability, and Discovery-Rachel Adams-2014
- Swallowed by a Snake: The Gift of the Masculine Side of Healing - Thomas R. Golden

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Application Instruction & Checklist

Print out the following checklist and forms to be submitted with additional documents for certification.

- General Application Form BA-100
- Copy of BABES Birth Doula Hands on Workshop Training Certificate (Optional)
- Copy of doula course training completion certificate (not certification just training)
- Birth Attendance Records (Four total with up to one in an observational role) form BD-200
- Birth Reflection Evaluation Forms (3) Form BD-201
- Birth Feedback Forms (3) Form BD-300
- Business plan for assessment
- Community Resource List
- Interview Forms (3) BD-301 & BD-302a, BD-302b (2)
- Childbirth & Breastfeeding Education Form BD-303 (3)
- Continuing Education Agreement Form BD-400
- Letter of Intent Form BD-500
- CBD Agreement Form BD-600
- Disclosure Form BD-700
- Essay

Birth Attendance Record Form BD-200

Four births are to be attended observing, interacting, and participating as an active birth doula in the presence of a credentialed medical provider. One birth can be in an observer role and at least three births need to include doula activities such as consultation, prenatal support and comfort skills in labor. The attending medical professional must initial your attendance.

Date of Birth	Client Name	Birth Location	Client ID	Role (O-Observer D-Doula)	Medical Professional Initial
EX. 11/15/16	J Doe	Homebirth	Doe1988	A	JTT

*By signing below I attest that I observed or participated

Print Name

Signature

Date

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Birth Reflection Form BD-201

Fill out each section for the births you have attended. This is a self-reflection of the births you have attended. If you need more space, feel free to use a separate sheet of paper.

Prenatal

1. During prenatal meetings with your client, do you feel you were able to communicate effectively and make a connection with the client? Please describe anything you feel worked very well to facilitate communication and build rapport with your client during prenatal meetings.

2. Was there anything you feel that you struggled with during prenatal meetings with your client? Please describe.

3. If you had the opportunity to re-do your prenatal meetings, is there anything you feel you would have done differently or spent more or less time on during the prenatal meetings?

Labor & Birth

1. Every woman has different needs during her birth and the role of a doula can change from one birth to the next. Please describe what you feel your specific role during this client's birth was.

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2. Take a moment to reflect on the support you provided to your client. Was your presence beneficial to your client? Do you feel she felt supported during her birth? Please be as detailed as possible.

3. Every birth is an emotional experience, even for the doula who is attending the birth. Please take a moment to describe and explore the feelings you experienced during this client's birth and any events that may have contributed to specific emotions.

4. During your client's birth, do you feel there was anything you did that was especially helpful or effective? What were your strong points while supporting this client?

5. Was there anything you feel you struggled with or were not confident in your abilities with during this client's birth? How do you think you could improve upon these issues?

6. If you could do it all over again, is there anything different you would have done at this client's birth?

Birth Feedback Form BD-300

This form is to be filled out by your clients evaluating their experience with you as their doula.

Prenatal

1. When you were deciding on a doula, what appealed to you about the doula you chose? Were there any specific reasons you chose the one you did?
2. Please describe your experience with your prenatal visits with your doula. Did you find them helpful? Did you feel that you got to know your doula and connect with her during these visits?
3. Was there anything you feel your doula did really well in regards to all visits and services prior to labor and birth?
4. Was there anything you feel your doula could have done better in regards to all visits and services prior to labor and birth?

Labor & Birth

1. Please describe your overall experience with your doula during your labor and birth.

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Interview Forms BD-301

Conduct an interview with three different types of birth stories. Natural unmedicated birth, medicated hospital birth, and cesarean section birth. Takes notes. After your interview write a reflection on your interview on this form.

1. Upon hearing the mother's birth story, what was your initial reaction?
2. What kind of influence do you think that the support of those present for the birth had on how the mother felt about her experience?
3. If interventions were used that the mother did not intend on using that prior to the birth, do you believe any of these may have been avoided?
4. How do you believe a doula may have been able to specifically help this mother during this birth?
5. Regardless of whether any interventions used were medically necessary, do you believe that the mother's belief regarding whether or not the interventions were truly necessary affected how she felt about those interventions being used?
6. What are a few things you believe could have been done differently to either improve outcome, or improve how the mother perceived her experience?
7. Overall, what aspects of the birth do you believe contributed to the mother feeling satisfied or dissatisfied with her birth?

Medical Provider Interview BD-302a

Pick two different medical providers in the birth world and conduct an interview with them. Add any additional questions you want to ask. Remember to be professional.

1. Why did you get into this type of profession?
2. What is your philosophy on birth in America?
3. What is the most challenging aspect of your job?
4. What is the most rewarding aspect of your job?
5. How long did it take you to complete your education/training?
6. How do you deal with stress and burnout in this field?
7. What advice would you give to someone wanting to work in this type of field?
8. What kind of birth did you have and what kind of provider was present? (applicable only if they have children)

6. If you were a first-time mother, pregnant with your first child, how do you feel the information you were presented in this course may affect your decisions in relation to your birth?

7. Is there anything else you would like to include about the course?

Continuing Education Agreement BD-Form 400

Continuing education supports the professional practice of doulas and delivery of safe, evidence-based, high quality care for clients. We ask that you pledge to take at least two continuing education learning opportunities every year. These do not have to be paid workshops. If you need assistance finding a class BABES will offer a variety of different continuing educational classes throughout the year to aid in your knowledge and skill set in doula work. These classes include but are not limited to:

- Postpartum
- Breastfeeding
- Nutrition
- Herbs & Homeopathy
- Newborn Exams
- Bereavement
- Paths to Midwifery
- Microbiome
- Advanced Charting
- Home Birth Doula
- Business Skills for Birth Workers

I, _____, do hereby pledge to aid in my education in the professional birth field by attending at least two approved continuing education courses every year. Upon completion I will turn verification of attendance of my continuing education.

Signature

Date

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Letter of Intent Form BD-500

Why are you pursuing certification?

Why would you be an asset in the birth space?

How would you accommodate an on call lifestyle?

What are your goals in the birth community?

Signature

Date

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Certified Doula Agreement Form BD-600

As a Certified Doula through BABES Birth Assistants, I agree to ALWAYS do the following:

- Treat a laboring mother and her family with respect and courtesy
- I will follow client privacy guidelines
- Arrive to a birth in a timely manner and be professional
- I will dress and act in an appropriate and professional way
- I will keep my work within my scope of practice and code of ethics

As a Certified Doula through BABES Birth Assistants, I agree to NEVER do the following:

- Perform duties or tasks without the permission of my client
- Attend a homebirth of a laboring mother WITHOUT a credentialed Midwife present
- Perform any medical tasks outside my scope of practice

I understand my role as a Certified Doula attending births. I acknowledge and agree to the above statements on what is considered in my scope to perform my job duties. If I fail to follow these guidelines that BABES has set for me, I understand my certification may be revoked or denied. I understand I have the right to an appeals process if so desired.

Print Name

Signature

Date

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Disclosure Form BD-700

In compliance with various state laws all persons who have contact with children or vulnerable adults must disclose the following:

Name: _____

	Yes	No
Have you ever been convicted of a crime against children or other persons?		
Have you ever been convicted of a crime relating to financial exploitation of a vulnerable adult?		
Have you ever been convicted of a crime related to drugs?		
Have you ever been found in any dependency action or by a court in a domestic relations proceeding to have sexually assaulted or exploited any minor or to have physically abused any minor?		
Have you ever been found by any disciplinary board to have sexually or physically abused or exploited any minor or developmentally disabled person or vulnerable adult?		
Have you ever been found by a court in a protection proceeding to have abused or financially exploited a vulnerable adult?		

This disclosure shall be signed and sworn under penalty of perjury.

Signature

Date

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