

# ProDoula

professional & compassionate

www.prodoula.com

POSTPARTUM DOULA WORKSHOP | Memphis, TN | July 24<sup>th</sup>, 2016

## ProDoula Postpartum Doula Workshop

This one day hands-on, comprehensive workshop is the first step on the career path to becoming a Certified Postpartum Doula. This training will prepare you with the practical skills necessary to provide postpartum support to women and their families, the entry level business skills you'll need to get started and the level of confidence it takes to make it all happen.

Your Doula Trainer and the ProDoula Home Team will be your doulas, there to support **you** every step of the way as you embark upon this amazing journey.

### ***Pre-Test (To see what you already know)***

#### **Non-Judgmental Support**

- Physical, Educational, Emotional
- Support based on personality and need

#### **Communication**

- DISC personality Introduction and Assessment Test
- Listening Styles
- The Subtext of a Birth Story

#### **Physical recovery from birth**

- Vaginal Birth, Surgical Birth
- Normal recovery and beyond normal
- When to encourage a call to a medical professional
- The 6 Week Postpartum Check Up and how to help your client prepare for it

#### **Breastfeeding**

- Benefits for mother, baby and the mother and baby
- Challenges – Troubleshooting issues
- Positions for breastfeeding, supporting the breastfeeding family

#### **Newborn care**

- Co-Sleeping/Sleep, Vaccines, SIDS, Cord care, Circumcision Care, Feeding and Sleeping Cues, Comforting, and much more

#### **Parenting Philosophies**

- Introducing philosophies, Creating an Environment Based on Philosophy

#### **Sibling Care, Multiples,**

#### **Postpartum Depression – Recognizing signs and symptoms**

- Baby Blues, Depression, Psychosis, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, when to refer to a medical professional

#### **Meal Preparation**

#### **Light Housekeeping & Laundry**

#### **The doula interview**

- Behaviors, Frequently asked questions, Sample contract

#### **Business Forms, Branding and Marketing**

This 9 hour workshop must be attended in its entirety. Cost for this 1 day intensive course is \$395 plus your first year membership fee of \$75. Annual membership fee for each subsequent year is \$50. **(ALL FUNDS ARE NON-REFUNDABLE)** To register visit us at [www.prodoula.com](http://www.prodoula.com) or call (914) 400-3494