

Doula Training with Ana Hill

- **HOW CAN I PREPARE FOR A TRAINING?**

There are several steps you can take to prepare for training:

- *Register early.* This ensures that the training is not full when you try to register. Additionally, you'll receive a Pre-Workshop Study Guide upon registration that will help you prepare for training. The Study Guide is due a week prior to the training and covers a variety of topics relevant to training and certification.

- *Familiarize yourself with the [Certification Steps](#).* If you can arrange to audit your childbirth class prior to the training, that can be helpful. If you have questions about the certification steps, write them down so you can ask them at training.

- *Begin to read books from the [Required Reading List](#).* Remember you need to read one book from each of the categories. You may wonder which books are best. All the books are great books, but you may wish to read different ones depending on your level of knowledge in the birth field.

Trainer Picks for Beginning Students: The Doula Book, The Birth Partner, Pregnancy Childbirth and the Newborn, Breastfeeding Made Simple, The VBAC Companion

Trainer Picks for Advanced Students: Birth as an American Rite of Passage, The Labor Progress Handbook, Gentle Birth Gentle Mothering, Womanly Art of Breastfeeding, When Survivors Give Birth

- **WHAT WILL WE COVER DURING TRAINING?**

We will cover a wide variety of topics during training. This includes:

CAPPA Policies

Certification

Scope of Practice for the Labor Doula

Understanding Labor and Birth

Labor Support Skills (including skills for supporting natural, medicated, and cesarean births)

Prenatals and Postpartums

Breastfeeding skills for the Labor Doula

Marketing and Business Skills (including how to connect with clients)

PLEASE WEAR COMFORTABLE CLOTHING AS WE WILL BE PRACTICING POSITIONS AND TECHNIQUES.

If you would like further information, go to <http://www.rockymountaindoula.com/>