



12-WEEK, LIVE, POSTPARTUM DOULA TRAINING (U.S.)*



*This training is housed in U.S. Programs, but the content is expansive enough to provide Canadian doulas (and doulas from all over the world) with meaningful and applicable information.

Welcome Module

Includes your welcome letter, Zoom link for live classes, reading list, information on master classes and teachers, forms for certification, and guidelines for contacting Team BADT regarding any questions you may have.

Week 1: Cultural Humility

Topics include cultural humility vs. cultural competence, origins of the reproductive justice framework, implicit and explicit bias, racism induced stress, sex, gender and sexual orientation and barriers to queer and trans family structures.

Week 2: Trauma-Informed Care

Topics include the six principles of trauma-informed care, how to recognize trauma, ways in which someone can begin to heal from trauma, and how doulas can help clients with birth trauma.

Week 3: Understanding the Nervous System

Topics include the autonomic nervous system, the sympathetic nervous system, and relationships between the body and feelings/sensations.

Week 4: Anatomy of Postpartum & Physiology of Healing

Topics include physical and emotional ailments, involution of the uterus, postpartum bleeding, red flags, belly binding, perineal tears and healing remedies, remedies for engorgement and constipation, and herbal baths.

Week 5: Newborn Care & Physiology

Topics include immediate postpartum skin-to-skin, warmth and heat, hunger cues, eating and weight gain, sleep, elimination, crying/communication, regulation, bathing, massage, cord and skin care.

Week 6: Building Support Networks

Topics include community care, social support, partner support, identifying needs and boundaries, asking for help, and how to provide support.

Week 7: Identity Shifts

Topics include identity and transition, rites of passage, the historical role of birth workers, companioning across thresholds of identity, holding space for marginalization, protecting postpartum, and affirming personal evolution.

Birthing Advocacy
— Doula Trainings —



12-WEEK, LIVE, POSTPARTUM DOULA TRAINING (U.S.)*



*This training is housed in U.S. Programs, but the content is expansive enough to provide Canadian doulas (and doulas from all over the world) with meaningful and applicable information.

Week 8: Mental & Emotional Health

Topics include postpartum mood and anxiety disorders, baby blues, recognizing birth trauma and strategies to support healing, and general mental health considerations.

Week 9: Nutrition

Topics include physical and energetic needs in the first 4-6 weeks postpartum, how doulas support nutrition, the legality of home cooking, meal preparation and delivery, ideal postpartum foods, considerations around food accessibility and food security.

Week 10: Cesarean Birth

Topics include information about cesarean sections, reframing cesarean births, physical restrictions, recovery and pain management, emotional health, bonding with baby, getting community support and VBACs.

Week 11: Infant Feeding & Bonding

Topics include the basics of human lactation, common issues that occur with lactation, historical implications of lactation, lactation stages during first month, other methods of infant feeding, common terms and resources for lactation/feeding support.

Week 12: Scope of Practice

Topics include postpartum support as a protective tool, what establishing care with a family looks like from beginning to end, the ins and outs of a typical day time or overnight postpartum shift, and how to support and prepare yourself before a shift and discharge after a shift.

Business Strategy Sessions

During these classes, which happen 3-4 times per year, you'll learn about creating a sustainable, successful doula business.

Final Steps

Includes instructions for turning in all journals and assignments, proof of attendance and assistance forms, book reports, and completion of an up-to-date CPR certification!