



12-WEEK, LIVE, CHILDBIRTH EDUCATION 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 as a Childbirth Educator

Topics include how cultural humility, the reproductive justice framework, implicit and explicit bias, racism induced stress, sex, gender and sexual orientation can inform your CBE learning space.

Week 2: Paths to Reproduction

Topics include broadening the narrative about paths to reproduction, conception methods and technologies, surrogacy, and other paths to parenthood including adoption and blended families.

Week 3: Consent, Trauma, and Boundaries

Topics include the six principles of trauma-informed care, the different kinds of consent, how to practice consent as a teaching practice, and strategies to share with students for setting boundaries.

Week 4: Grief & Loss

Topics include abortion, types of miscarriage and stillbirth, and how to include these topics in your CBE space.

Week 5: Disability and Accessibility

Topics include an introduction to disability justice, ways to increase accessibility in your CBE space, and the kinds of discrimination and exclusion that Disabled people often experience when engaging with the medical industrial complex.

Week 6: Pregnancy Experiences & Care

Topics include pregnancy hormones and discomforts, emotional discomforts during pregnancy, comfort measures, and pregnancy complications.

Birthing Advocacy
Doula Trainings



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Week 7: Labor & Birth

Topics include the impact of language when teaching about birth, common labor interventions and technologies, stages of labor, vaginal and caesarean birth, comfort measures, common birth complication and how to teach these topics in an accessible way.

Week 8: Infant Feeding

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

Week 9: Postpartum Healing & Mental Health

Topics include physical and emotional ailments, involution of the uterus, postpartum bleeding, postpartum mood and anxiety disorders, baby blues, and general mental health considerations.

Week 10: Newborn Care

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 11: Building Course Curriculum

Topics includes identifying your teaching passions, audience and structure, learning styles, research and trauma-informed teaching styles.

Week 12: Sustainable & Equitable Business Practices

Topics include sustainability practices, building professional community, and designing your offerings and prices.

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!

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