



• SMART DOULAS • HAPPY FAMILIES •

## Modern Doula Education's Postpartum Doula Certification

Welcome Baby Care has been providing high quality in-home postpartum doula care since 2010. After thousands of hours working in homes of new parents and babies, we decided to gather the training used in leading certifying agencies and enhance it with a more comprehensive and hands-on version, creating Modern Doula Education (MDE). Unlike other programs, MDE provides everything you need to complete the certification in as little as four weeks. We do the leg-work so you don't have to. You have full access to trainers who guide you through the process and answer any questions you have along the way.

### Postpartum Doula Certification Overview

Our up-front, no hidden expense cost: \$750

Certification Requirements	
Pre Workshop Study Approximately 10hrs	2023 Workshops Approximately 25hrs
<ul style="list-style-type: none"> <li>✓ Breastfeeding Education Modules</li> <li>✓ Postpartum Terminology Worksheet</li> <li>✓ Postpartum Demographics and General Statistics</li> <li>✓ Premature Infant Article</li> <li>✓ The Gentle Art of Newborn Family Care Book Review</li> </ul>	<p>Winter: February 20th-24th Spring: May 15th-19th Summer: July 10th-14th Fall: October 16th-20th</p> <p>Monday thru Friday 4:00p.m. - 9:00p.m. each evening Live via ZOOM, summer workshops offered in-person</p> <p>Educators: Tory Kielas-Jensen (CPD, CLC, CPDT) Alexia Franco Pettersen (BA, CFPM, ICCE, ICBD, CPD, CLC)</p>
<p><b>Practical</b> Approximately 22 hrs</p>	
<ul style="list-style-type: none"> <li>✓ 2 Shadow Shifts (3 hrs ea) with accompanying verification forms</li> <li>✓ 4 Pro Bono Shifts (4 hrs ea) with accompanying forms</li> </ul>	

Modern Doula Education

a division of Welcome Baby Care

952.942.5676 | [moderndoulaeducation.com](http://moderndoulaeducation.com) | [info@moderndoulaeducation.com](mailto:info@moderndoulaeducation.com)



• SMART DOULAS • HAPPY FAMILIES •

## Postpartum Doula Certification Workshop Objectives

### 1. Objectives

- ✓ By the end of the workshop you will be able to meet the following objectives:
  - o Describe and employ the principles of **client centered care** and various communication styles to meet the postpartum needs of the new parents and their family
  - o Describe and understand the **physical characteristics of, and the cares needed by term newborn infants** including attachment, feeding, diapering, swaddling, bathing, soothing, sleep and temperament
  - o Understand how to apply **basic home cares and infant care** in such a way as to meet the physical and emotional needs of the postpartum parent and their family
  - o Understand the **physical, nutritional and emotional needs** of the postpartum parent
  - o Describe and understand **postpartum mood disorders** and how to support new parents coping with these disorders
  - o Understand **basic postpartum breast health** needs including recognizing symptoms of thrush, mastitis, plugged milk ducts and engorgement
  - o Assist new parents with **breastfeeding/chestfeeding** their infants including; assisting with latch, positioning, understanding milk supply and breast anatomy, referring parents to lactation specialists
  - o Describe and understand the unique care needed by families with **multiples and premature infants**
  - o Understand the **basic physiology and processes of childbirth** and its physical and emotional impact on postpartum recovery
  - o Describe and apply the principles of postpartum **doula etiquette and ethics** and boundaries

### 2. Name and qualifications of the instructor

- ✓ Tory Kielas-Jensen BA, CPD, CLC, CPDT(MDE)
- ✓ Alexia Franco Pettersen, BA, CFPM, ICCE, ICBD, CPD, CLC

### 3. Number of contact hours

- ✓ Certification process: 30 contact hours
- ✓ Workshop alone: 25 contact hours

### 4. Date(s) of the activity

- ✓ Winter: February 20th-24th
- ✓ Spring: May 15th-19th
- ✓ Summer: July 10th-14th
- ✓ Fall: October 16th-20th
- ✓ Monday thru Friday
- ✓ 4:00p.m. - 9:00p.m. each evening

### 5. Title of the activity

- ✓ Modern Doula Education Postpartum Doula Certification

### 6. A statement of attendance or participation in the activity

- ✓ *This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements. The student is responsible for determining whether this activity meets the requirements for acceptable continuing education.*

Modern Doula Education

a division of Welcome Baby Care

952.942.5676 | [moderndoulaeducation.com](http://moderndoulaeducation.com) | [info@moderndoulaeducation.com](mailto:info@moderndoulaeducation.com)