

Finding a quality DONA approved childbirth education course is an important requirement in the birth doula certification process. DONA recommends that doulas locate and complete their observation of an approved 12 hour course prior to attending the DONA approved birth doula workshop.

Here are some answers to the most frequently asked questions about the childbirth education (CBE) course component for birth doula certification:

1. Is it required to observe the CBE course before I attend the DONA approved birth doula workshop?

- It is recommended that you observe the CBE course before the workshop. Some DONA approved trainers may require that their participants complete this component in order to register for their particular workshop.

2. Where can I find the list of approved organizations for this CBE requirement?

- You can download and print the DONA approved childbirth education organizations [here](#). The approved childbirth education organization list will be updated accordingly to reflect any new changes and uploaded to the web site by the Home Office.

3. Where can I find opportunities in my local area to fulfill this requirement?

- Try contacting ALL hospitals, birthing centers, health clinics, etc. that offer childbirth education classes to find out if the class is taught by an educator who is certified through one of the approved organizations.
- The Yellow Pages may also have listings for area childbirth educators or childbirth education courses.
- You can also search the Internet for the names of each organization. These web sites offer you links to “find an educator” in your state. You could also do an Internet search in the following format for direct links – (example “Lamaze childbirth educators, YOUR STATE”).
- Try contacting other doulas, midwives or other professionals in related fields in your area to find resources for childbirth classes.

4. What if I am unable to find approved CBE classes in my local area?

- Many doulas may need to drive outside their own local area to access a wider variety of options offered in larger cities. Driving a longer distance

to attend a quality CBE course will be worth your time and expense and is an important aspect of gaining knowledge as a doula.

5. I could not find a DONA approved CBE course in my area. Can I attend a CBE course through another organization or hospital?
  - Exceptions to attend a non-approved CBE course will NOT be given without **prior** approval by the Director of Certification.
  
6. There is an Introductory Course for Doulas (Intro) being offered by the trainer in conjunction with my DONA approved birth doula workshop. Will this complete my CBE component for certification?
  - Yes, if an Intro is offered in conjunction with your workshop, your attendance and completion of this course fulfill<sup>s</sup> the CBE requirement for certification.
  
7. Can I attend another DONA approved trainer's Intro to fulfill the CBE component?
  - It is preferred that you attend a DONA Intro offered in conjunction with the DONA approved birth doula workshop that you are enrolled in.
  - If you locate an Intro that is not in conjunction with the birth doula workshop you are enrolled in, you must receive permission from the trainer of the Intro to attend.
  - An Intro must be completed **before** attending the DONA approved birth doula workshop.