

Finding a quality childbirth education course that meets DONA International standards is an important requirement in the birth doula certification process. DONA recommends that doulas locate and complete their observation of a childbirth education course taught by an educator certified with one of the approved organizations 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, but not required, 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 childbirth education organizations approved by DONA International [here](#). The approved childbirth education organization list will be updated periodically to reflect any changes.
3. Where can I find opportunities in my local area to fulfill the CBE requirement?
  - Try contacting all the 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.
  - Local phone and Internet directories may also have listings for area childbirth educators or childbirth education courses.  
You can also search the Internet for each organization, which web sites offer “find an educator” links in your area. You could also do an Internet search for direct links (example: “Lamaze childbirth educators, YOUR STATE/PROVINCE”).
  - Try contacting other doulas, midwives or other professionals in related fields in your area to find resources for childbirth classes.
  - *Tip: Record detailed information about all the different classes and educators available in your area in your local resource list.*
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 an approved CBE course in my area. Can I attend a CBE course through another organization or hospital?

- Any exceptions to attend a non-approved CBE course require **prior** approval by the Director of Certification. Submit the following details for the most in-depth and comprehensive CBE course that is available in your area to [CertificationDirector@DONA.org](mailto:CertificationDirector@DONA.org):
    - Number of sessions in CBE series, length of each session
    - Host/facilitator/location of CBE course
    - Name and credentials/experience of instructor
    - Detailed outline of topics covered in CBE course
  - You will then receive information on how you may meet the certification requirements.
6. There is an Introduction to Childbirth 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 fulfills the CBE requirement for certification.
  - *Tip: Even if you attend the Intro course, DONA recommends that you still observe at least one CBE course offered in your area so that you will know what your future clients may have learned when attending those classes.*
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 in which you are enrolled.
  - If the DONA approved birth doula workshop you are attending does not include an optional Intro, or you are unable to attend that portion of the workshop, then you may attend an Intro offered by another DONA approved birth doula trainer in conjunction with another scheduled workshop.
  - It is recommended that the Intro be completed **before** attending the DONA approved birth doula workshop.