

Overview of Requirements for Postpartum Doula Certification

Applicants for DONA certification must purchase a DONA Postpartum Doula Certification Packet (\$35.00) and complete the application, which documents the following:

1. Membership in Doulas of North America (DONA).
2. Read the DONA Position Paper “The Postpartum Doula’s Role in Maternity Care.”
3. Read books from the required reading list.
4. Completion of at least one of the following BEFORE completing the postpartum experiences to be submitted for certification:
 - Added an infant to your own family within the past five years.
 - Experience as a postpartum doula (minimum of 8 hours)
 - Experience providing care to an infant less than 10 weeks of age (minimum of 8 hours).
 - Attended an infant care or parenting class.
 - Shadowed an experienced postpartum doula (minimum of 8 hours)
 - Volunteered with infants in a daycare or new family.
4. Attended a DONA-approved postpartum doula training course of 30 or more hours.
5. Submit at least one of the following:
 - Certificate of attendance from a lactation consultant, La Leche League or nursing mother’s group peer counseling training.
 - Completion of an on-line lactation study program.
 - Participation in a breastfeeding workshop
 - Complete an investigative project series with essays.
6. Copies of good evaluations from
 - three clients, **plus**
 - three partners or spouses, **and**
 - any healthcare professional.
7. A type-written essay on either your goals as a postpartum doula or the value of postpartum support.
8. Current Adult and Infant CPR certification.
9. Complete list of local resources.
10. One personal and one professional reference.
11. Complete a self-assessment checklist.
12. Signature on the *DONA Code of Ethics and Standards of Practice* for postpartum doulas.
13. Payment of \$70.00 for certification processing fee.