

**In This Issue**

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Celebrating Our Members



**It's not too late to decide to attend!**

Join us at the Westin Peachtree Plaza. Visit the [web site](#).

On-site self-parking is available for \$19 plus tax per day or \$23 plus tax per day for valet parking.

Register on-line in the [DONA Boutique](#) or mail or fax your completed registration today! **Please note** when filling out your registration form that sessions **106** and **302** were switched from what is shown on the original brochure you were mailed and the PDF brochure on the web site. However, the PDF registration form on the [web site](#) has been corrected. The revised schedule is: 106 - Healing the Doula: Recovering From Our Clients' Losses and Disappointments; 302 - The Mother-Baby: Love, Bonding and the

Dear DONA International,

This past few weeks Canada and the U.S. both had freedom celebration days. Was there one in your country recently? I began to think about freedom. The people who fought for or voted for freedom were aware that their voice counted. They had a clear vision of what they wanted and they were willing to stand up for it physically or with a pen.



Freedom is what we want for our clients. Freedom to decide what is best for them. Freedom to birth and parent as they think is best. Doulas have such an honor of helping them stand up for their freedom. That is the main reason that doula don't "speak" for our clients but rather enable them to speak for themselves. It is their voice, their choices that need to be heard and understood. If we speak for them then the power becomes ours.

Let freedom ring for your clients. Help them speak for themselves and obtain their goals.

I just got word that at least three of our sessions and workshops for the DONA International conference in Atlanta on August 6-9 are full so be sure you register now to get the best choices. I look forward to seeing you there!

Happy summer!

*Debbie Young*

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**Feature Story**

**World Breastfeeding Week August 1-7, 2009**

Are you a birth or postpartum doula who is passionate about the benefits of breastfeeding? Would you like to be part of a worldwide effort to get the word out about the importance of breastfeeding at the state and local level? If so, we hope you will check out the World Breastfeeding Week [web site](#) so you can learn more about their outreach focus and WBW theme for 2009: "Breastfeeding: A Vital Emergency Response. Are you Ready?" which will focus on the added importance of supporting breastfeeding in the context of emergency preparedness and response.

Many new parents, healthcare providers, and government officials fail to realize the increased importance of breastfeeding in the event of an emergency or natural disaster. Because infants are often the most

Roots of a Thriving Society.

**If this was not your year to attend, we hope you will join us in Albuquerque NM in 2010 for the 16th Annual DONA International Conference!**

2009 DONA International Conference [web page](#).

Quick Links...

[DONA International](#)

[DONA Boutique](#)

[2009 Conference Info](#)

**Volunteer Opportunities DONA International needs you!**

**International Development Committee**

Please consider participating in this expanding committee. [Inquire](#) for more information.

Please visit the [Get Involved](#) page on the web site to learn more about available volunteer positions.

Quick Tip

By Jessica Atkins,  
CD(DONA)  
Wimberley, TX

If you are at a birth without your Rebozo, or like me, are not willing to get bodily fluids on your prized and beautiful gift from Mexico, an easy remedy is usually on hand in every hospital room. The stretchy soft bed sheet makes a wonderful Rebozo. It can

vulnerable in emergency events, they can most benefit from the protection from dehydration, malnourishment and the increased immunities that breastfeeding provides. While most of us may never experience "emergency events" at a level that puts our infant at severe risk, this is a good opportunity to talk with our clients and others within our community about the necessity of having an emergency plan that includes all the essentials that an infant might need including breastmilk, diapers, clothing and any necessary medications.

The WBW web site has a lot of great information about how you can get involved in getting this important information out to your community, including a free download of the [2009 Action Folder](#) and a [poster](#) that you can use to promote the importance of breastfeeding for all babies.

Extra! Extra!

*News Briefs*

**Science & Sensibility - A Research Blog about Healthy Pregnancy, Birth & Beyond from Lamaze International**

Amid a rash of controversial pieces in the mass media about the intersection of breastfeeding, motherhood and feminism, a new study in the *Journal of Perinatal Education* reveals an uneasy relationship between professional lactation consultants and breast pumps. The piece gives us a fascinating look - from the front-lines of lactation - at the cultural and economic forces that have rendered the breast pump one of the indispensable accessories of new motherhood. [Read more.](#)

**When Research is Flawed:**

**Critiques of Influential Research Studies by Henci Goer**

In order to offer evidence-based maternity care, we need to keep up with the current research. Unfortunately, some research studies are poorly designed or biased, even when published in respected peer-reviewed journals. The Lamaze Institute for Normal Birth has developed brief critiques of some influential studies that have shaped policy and practice. These critiques are meant to help childbirth professionals evaluate the quality of evidence on these important topics. [Read more.](#)

Just do-ula it!

PROFESSIONAL  
*Development*

**Educational Opportunities**

**15th Annual DONA International Conference  
August 6-9, 2009  
Atlanta, GA**

Join us in the United States for an empowering continuing education experience! Birth and postpartum doula workshops and trainer workshops are also being held immediately following the conference. Visit the conference [web page](#) frequently.

accommodate any of the same needs and there is no need to worry about cleaning up. Some of my favorite uses for the bed-sheet Rebozo are the hip squeeze in bed or seated in a chair, supported dangle by threading it under her arms, and while pushing looped around the squat bar.

*Share your Quick Tip with us. If yours is chosen, you'll be rewarded with a gift certificate to the DONA Boutique. [Send Your QT!](#)*

### TomDoulery!

By Jennifer Schepper,  
CD(DONA)  
Kuna, Idaho

Although not my favorite educational show for my five year old daughter, I allowed her to watch "The Baby Story" one day while I was taking a shower. As I got out of the shower, I heard her calling, "Mommy! Mommy! Mommy!" Scared, I ran to see what was wrong. She said, "Mommy! The baby was born and they put it right on it's mommy's chest and they didn't even take it to the warmer!" I'm not sure which one of us was more excited - her, at what she just witnessed, or me, a proud Doula-Mommy who's young daughter already recognizes the importance of normal birth practices.

*Share your funny stories with us. If yours is chosen, you'll be rewarded with a gift certificate to the DONA*

### Plan to attend the 16th annual DONA International conference and workshops in 2010 in Albuquerque, New Mexico!

#### DONA Birth Doula Workshops

Visit the Find a Doula Workshop [web page](#) for information on workshops scheduled in the upcoming months in Australia, Bahamas, Bermuda, Greece, Hungary, Netherlands and Slovenia.



#### DONA International proudly welcomes the following new Midwestern US members who joined from March 1 to May 31, 2009:

**Armed Forces Europe:** Amanda Kishpaugh (APO), **Armed Forces Pacific:** Arleta Brehm (FPO), **Australia:** Rebeccah Bartlett (Campbell), Rebekah (Bekah) Windsor (Blackwater), **Bermuda:** Melony Kendell (Hamilton), Alexandra Ratteray (Pembroke), **Germany:** Tina Kirsten Burtscheidt (Schongeising), **Guam:** Roni S Sellmann (Barrigada), **Hungary:** Réka A Dézsi (Ják), **Israel:** Sharon Sagir (Yad Binyamin), **United Arab Emirates:** Jasmine Smith (Abu Dhabi), Elizabeth Bain (Dubai), Emily Marsh (Abu Dhabi)

*Please forgive us if we missed your name! [Let us know](#) and we will be sure to include it in the next International Issue of eDoula.*

*Boutique. [Send your TD!](#)*

## **Thanks!**

The work you do truly makes a difference ... one mother and baby at a time!

Keep sending items in to us [via e-mail](#). We appreciate the support and enthusiastic feedback that we have received about your *eDoula*.

## ***eDoula* Editorial Staff**

*Open Position,*  
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of Publications