



FORM B
VERIFICATION OF ALTERNATIVE CONTACT HOURS
FOR BIRTH DOULA RECERTIFICATION

Please print legibly and complete the form in its entirety. Use a separate form for each option.

No more than the maximum number of earned alternative contact hours allowed per option. Permission is granted to copy this form as often as necessary.

Use this Form B to verify contact hours earned through the alternative contact hour options listed below and outlined in further detail under Alternatives to Continuing Education for Recertification on pages 8 through 10 of this informational packet:

- B-1** Attend an organized educational event for birth professionals not offering formal contact hours or not sponsored by a recognized organization
- B-2** Observe a midwife, physician, lactation consultant or doula working with clients for a minimum of four (4) hours
- B-3** Serve as a preceptor for a doula-in-training
- B-4** Attend a support group or meeting relating to the childbearing year or parenting
- B-5** Attend an entire DONA approved birth doula workshop, *taught by a trainer other than your original trainer*, OR a DONA approved postpartum doula workshop
- B-6** Lead and facilitate a support group relating to the perinatal period, or a meeting for doulas and other perinatal professionals.

Alternative contact hour option: _____ Date completed: _____

Number of alternative contact hours earned for this option _____ out of a maximum allowable of _____

Verification to be signed by the instructor or administrator of an organized educational event; the midwife, physician, lactation consultant or doula observed; the precepted doula-in-training; the support group meeting leader/facilitator/ moderator; the DONA approved birth or postpartum doula trainer; or a support group or meeting participant. *The signators may be contacted for verification.*

 Name and position/title Signature Date

 E-mail address Phone number

- I confirm that I have attached any documentation in addition to this Form B required to support the alternative contact hour option and outlined under Alternatives to Continuing Education for Recertification on pages 8 through 10 of this instructional packet.

 Name of recertifying doula Signature Date