

Prerequisites for Participants of a DONA International Postpartum Doula Training Workshop

Participants are expected to have a working knowledge of the following:

- Physical and emotional adjustment in the mother following birth
- Newborn characteristics and care
- Breastfeeding basics
- Common breastfeeding difficulties and possible solutions

To be sure that participants are adequately prepared for their Postpartum Training Workshop, the following are required BEFORE attending the training:

1. **Required Reading:** From the DONA International required reading list, the participant must have completed reading one selection from each of the following categories. Some of these books can be purchased on the DONA International website www.DONA.org through the Doula Boutique:

Becoming a Mother

The New Mother: Eagan, *Misconceptions:* Wolf, *Ourselves as Mothers:* Kitzinger, *Mothering the New Mother:* Placksin, *The Year After Childbirth:* Kitzinger

The Newborn

Your Amazing Newborn: Klaus and Klaus, *The Mind of Your Newborn Baby:* Chamberlain, *Infancy:* Field, *The Year After Childbirth:* Kitzinger, *Touchpoints:* Brazelton, *The Vital Touch:* Heller, *The Baby Book:* Sears

Breastfeeding

Ultimate Breastfeeding Book of Answers: Newman, *The Breastfeeding Answer Book:* La Leche League International

2. **Breastfeeding Preparation:** The participant must have completed at least one of the options listed below before attending the postpartum doula training:
 - a. Certificate of attendance of Lactation Consultant / Breastfeeding counseling education program or peer counseling training through LLL or local nursing mother's group.
 - b. Completion of an on-line breastfeeding study program.
 - c. Proof of participation in a breastfeeding workshop (three hour minimum)
 - d. Investigative project series with essays. This project would need to be approved by the trainer and DONA International Postpartum Committee.