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Celebrating Our Members



Stay informed!

Visit the [conference web page](#) often for current details, like these:

~The [Exhibitor/Advertiser/Sponsor Prospectus](#) offers opportunities to highlight your business

~Apply to the Doula Spirit Fund by March 31st for conference fee waivers

~Submit your nominations for the Founders' Awards by March 31st

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

Quick Links...

[DONA International](#)

[DONA Boutique](#)

[2009 Conference Info](#)

**Volunteer Opportunities
DONA International**

Dear DONA International,

Holiday greetings to all!

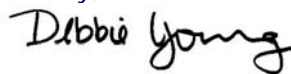
It is a wonderful and busy time of year! We just had a chilly winter ice storm where I live. My children got 1-1/2 days off from school so that made them happy, but I am in the sunny state of California so I missed it.



While teaching a doula workshop recently one of the students had a wonderful addition to the "Ideal Birth Exercise." Debbie Hill from California mentioned that not only writing down our "ideal birth" but also writing down our own birth experiences might be helpful and then we could put them in an envelope and seal them and put them aside to remind us that we need to put our own experiences aside as we begin to work with families in birth or the postpartum time. That is a great idea. It is difficult to remember not to bring our own *baggage* in with us to our work. If we actually write it down and put it aside, then we can be one step closer to offering true non-judgmental care that is not based on *our* past experiences or preferences.

I'm going to have a lovely holiday as all my family will be home and then we are traveling to see my parents. I hope you get a winter surrounded by loved ones too.

Warmly,



Feature Story

Providing full-circle services

By Sunday Tortelli, CD(DONA)
Strongsville, OH

I consider myself fortunate because I often have the opportunity to get to know my birth doula clients very well. Many of them also attend my childbirth classes, offering me a unique vantage point to their particular needs.

For two decades I have felt satisfied with my roles as childbirth educator and birth doula, but recently I have been contemplating becoming a postpartum doula. My reasons are more practical than inspired, however. I find now, more than ever before, that many of my clients are without a family support system. I live in a large metropolitan area, but that hasn't changed. What I believe is that society has changed dramatically over the

needs you!

Board and committee positions

Did you know that, other than a small Home Office staff, DONA International is run solely on volunteer power? Be a part of it all - volunteer today! The [Get Involved](#) page on the web site has a list of various openings with different obligations, as well as information on the application procedures.

Editing positions

If you enjoy reading this *eDoula*, you might want to consider editing it! For information about the *eDoula* Newsletter Editor position and also the *International Doula* Managing Editor and Associate Editor positions, contact the [Director of Publications](#).

Make your new year's resolutions early! Devote some time and energy to the organization you love!

Please visit the Get Involved page on the web site to learn more about available volunteer positions.

Quick Tip

By Julia MacNeil,
CD(DONA)
Mississauga, ON

Carrying a container of corn starch is especially handy for those who have sensitive skin. It allows you to massage without the friction of skin-on-skin and without the risk of allergies or sensitivities common to some products. It is also less likely to cause respiratory problems than baby

last 20 years. More families relocate due to their jobs and more grandparents continue to be involved in their own careers and interests. This leaves new parents without the necessary support that they need to get off to a good start and build a stable foundation for their families.

So, here I am wondering if I shouldn't offer full circle services--from childbirth education through postpartum doula support. Perhaps the unique vantage point I develop when helping new parents discover their philosophies and goals during childbirth classes can guide me to provide not only the most effective birth support, but the best possible postpartum support, as well.

Have you thought about expanding your range of services and offering both birth and postpartum doula care to your clients? Maybe you too will take the opportunity to consider the advantages to yourself and your clients and will choose to add to your credentials in the coming year!



Breastfeeding resource for mothers with limited literacy

The Fund for the City of New York, in partnership with the Morrisania Neighborhood Family Health Center-WIC program in the Bronx, NY, recently launched two public web sites designed to achieve better outcomes for mothers with limited literacy and/or resources.

[Breastfeeding: A Gift for Your Baby](#) and [Healthy Eating: A Gift for Your Family](#) provides mothers with limited literacy and resources access to the essentials of breastfeeding and nutrition. These multi-media, bi-lingual sites communicate through culturally-sensitive videos, animation, photographs, diagrams and audio.

Risk indicators for labor dystocia

A prospective study of nearly 3,000 women having their first babies showed a strong association between certain characteristics present upon admission and the diagnosis of dystocia (or failure to progress) in labor, with resultant cesareans. These characteristics are: a tense cervix that is dilated less than 4 cm with a thick lower segment and a fetal head that is high with poor head-to-cervix contact. Epidural analgesia also had the strongest association with dystocia among the risk indicators assessed. [Read it here.](#)



Educational Opportunities

Workshop listings

DONA approved birth and postpartum doula workshops are listed on the web site under the [Find a Doula Workshop](#) link by location. Find a

powder, which is easily inhaled into the lungs. However, it can be a problem for anyone allergic to corn products, so always ask before using any product on a birthing woman.

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 Nicole Zirnheld
Aldridge, CD(DONA)
Louisville, KY

My five year old daughter Sadie said, "It's hard work having a baby. I pretty much only want to have one kid. But I don't want it to come out of my belly because that would hurt."

I replied, "Where do you want it to come from?"

Pointing to her bottom, she said, "The *normal* spot!"

Share your funny stories with us. If yours is chosen, you'll be rewarded with a gift certificate to the DONA Boutique. [Send your TD!](#)

Thanks!

DONA International would like our many loyal volunteers, hard working office staff and all of our valued members to know how much you are appreciated! As we move into a new year, let us all remember that together we are making a difference for birthing families!

workshop in your area that you wish to attend and sign up early to begin your certification process. You will be glad that you did!

If you can't find a workshop in your area, contact a DONA approved birth or postpartum doula trainer to schedule one. See the [Find a Doula Trainer](#) page on the web site.

Give yourself the gift of learning

Order general and concurrent session recordings from the 2008 DONA International Conference [on-line](#). Listening to general session recordings earns you CEUs toward recertification.

Announcement

Group membership fee increase

Effective February 1, 2009, group membership fees will increase by \$5 to \$55.

As always, membership fees will be adjusted according to the International Fee Group Index, so please check the web site for information on fees for your country.

Renew on-line at the [DONA Boutique](#) or call the Home Office at (888) 788-DONA (3662).



Congratulations to our newly certified postpartum doulas from October 1 to October 31, 2008:

CANADA: Alberta: Mascha Knoop (Calgary), **UNITED STATES: California:** Michelle Konold (Calabasas), **Hawaii:** Tammy Uva (Kapolei), **Indiana:** Amanda Wynsma (Crown Point), **Michigan:** Karleen Warren (Sterling Heights), **Minnesota:** Sara Wilcox (Richfield), **New Jersey:** Suzanne Crouch (Branchville), **Nevada:** Heather McCreary (Sparks), **New York:** Regina Molinelli (Briarcliff Manor), **North Carolina:** Karen King (Oxford), **Oregon:** Desiree Collman (Bend), **Pennsylvania:** Tia Zlotnikoff (Philadelphia), Kimberly Carlin (Ridley Park), **Texas:** Marie Ting (Austin)

Congratulations to our newly certified birth doulas from October 1 to October 31, 2008:

BELGIUM: Mireille Stern-Pluczenik (Antwerp), **CANADA: British Columbia:** Blanca Amieva (Port Coquitlam), **Manitoba:** Lori Tiessen Banman (Winnipeg), Celine Land (Winnipeg), **New Foundland:** Jillian Hand Humphries (Goulds), **Ontario:** Andrea Meilun (Barrie), Penny Shantz (New Dundee), Laura Mayes (Port Perry), Carolyn Passarelli (Toronto), Kristina House (Toronto), **MEXICO:** Teresa Sitton Ambe (Fuente de Diana), **UNITED STATES: Arizona:** Katie DiBenedetto (Phoenix), **California:** Shirl Holtzman (Berkeley), Ruth Demers (Sacramento), **Connecticut:** Sharon Livingston (Windsor Locks), **Florida:** Monika Milleson (Gulf Breeze), Kashika Pride (St Petersburg), Robyn Cullen (St Petersburg), **Illinois:** Bernice Rivkin (Chicago),

Best wishes for a fabulous new beginning in 2009!

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,
Newsletter Editor

Sunday Tortelli, Director
of Publications

Deborah J Yearsich (Steger), **Iowa:** Charlene Perkins (Davenport), Amanda Jorgensen (Milford), **Massachusetts:** Sue Malone (Andover), **Michigan:** Kimberly Langley (Bay City), Patricia Schultz (Buchanan), Andrea Augustine (Kalamazoo), **Minnesota:** Sue Ellen Toppings (Eden Prairie), Rebekah J Knapp (Karlstad), **New Jersey:** Angela Lessa Smith (Vauxhall), **Nevada:** Sara Bushur (Las Vegas), **North Carolina:** Tricia Walker (Carrboro), **Ohio:** Laura Mooney (Rocky River), Ursula Bartosik (Strongsville), **South Carolina:** Emily Mayer (Charleston), **Texas:** Cheryl E Johnson (Dallas), **Utah:** Christie Weaver (South Jordan), **Washington:** Patricia Woodbury (Kelso), Joy MacTavish (Seattle), **Wisconsin:** Meg Yurs (Platteville)

Congratulations to our recertified postpartum doula from October 1 to October 31, 2008:

UNITED STATES: New York: Ruth Callahan (New York)

Congratulations to our recertified birth doulas from October 1 to October 31, 2008:

CANADA: British Columbia: Dena Joy Paine (Surrey), **Manitoba:** Tammy Young (Winnipeg), **Ontario:** Julie Keon (Cobden), **MEXICO:** Guadalupe Trueba (Mexico City), Elena Carrillo (Col.Olivar de los Padres), **UNITED STATES: Arizona:** Suzanne McFarlin (Tucson), **California:** Julie H Skehan (Los Angeles), Margie Levy (Van Nuys), **Indiana:** Christy Herrenbruck Boonville, Linda A Del Fabro (Carmel), Hallie Greider (Fort Wayne), Connie Gallagher (Fort Wayne), **Minnesota:** Patricia Garrick (Hastings), Tracy Repasky (Rogers), Diane Moreno (Roseville), Erinn Hawkins (St Joseph), **New Jersey:** Eileen Carole (Branchburg), Jill Wodnick (Montclair), **New York:** Judith A. Itzkowitz (Brooklyn), Pati Matlock (Hamburg), **North Carolina:** Ann Tumblyn (Apex), Lenay Freeman-Richardson (Raleigh), **Ohio:** Shelley Bailey (Uniontown), **Oklahoma:** Sara Gillaspie (Enid), **Pennsylvania:** Barb E. Reese (Holsopple), Pamela Wilson (Pittsburgh), **Virginia:** Liz Marshall (Newport News), Kathy Stewart (Richmond), **Washington:** Laurie Ufer (Burien), Alissa Wehrman (Seattle), **Wisconsin:** Ruth Ancheta (Brookfield), Kristi Massman (Ogdensburg)

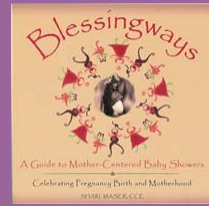
Please forgive us if we missed your name! Let us know and we will be sure to include it in the next International Issue of eDoula.

DONA Boutique

Save 10%

Print out and clip this coupon to save ten percent on your phone, fax or mail order of *Blessingways - A Guide to Mother-Centered Baby Showers* from the DONA Boutique while supplies last!

Visit the [DONA Boutique](#) for all your doula needs!



Offer Expires: December 31, 2008