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Will we see you there?

~If finances are a concern, apply to the [Doula Spirit Fund](#) by March 31st for a conference fee waiver.

~Honor your colleagues or business associates by nominating them for the [Founders' Awards](#) by March 31st.

~Support DONA International while enhancing your business opportunities--check out the [Sponsor/Exhibitor/Advertiser Prospectus](#).

~Visit our personalized [event page](#) on the Westin Peachtree Plaza Hotel's web site for information and to make your room reservations.

Visit the 2009 DONA

Dear DONA International,

Happy Valentines Day! Did you do anything special to remember the special people in your life? Remember making valentines for your parents or classmates when you were little? Have you ever thought of using a holiday to promote your business?



You could send valentines cards to your past clients or to the nurses, midwives and doctors that you work with telling them how much they mean to you and your clients. I sometimes do a similar thing for Mother's Day or Labor Day. People really like being remembered. You can also set up your past client files in date order and send your past client babies a birthday card on the appropriate day. Then their moms can tell them (and whoever is listening) the story of their birth and how you were involved.

We are gearing up to go to Atlanta for conference next summer. Hope to see you there!

Warmly,

Feature Story

Birth doula juggling act

By Sunday Tortelli, CD(DONA)
Strongsville, OH

"How many clients can a birth doula accept in a month?" This question is posed to me at every birth doula workshop I hold along with its companion, "How many births do *you* do in a month?" My answer is usually, "It depends." Workshop participants generally throw me an exasperated look! Let's consider some of the things that factor into choosing the appropriate number of clients to accept, while always remembering that babies can be born weeks before or after a due date and labors can be short or long. Does a doula have another job that might limit her availability? What are her obligations to her family and each member's individual needs? What social events or other commitments does she have scheduled in a particular month? Does she have health issues that limit her capacity to provide adequate care to

*International Conference
[web page](#) often!*

Quick Links...

[DONA International](#)

[DONA Boutique](#)

[2009 Conference Info](#)

Volunteer Opportunities DONA International needs you!

Make a difference

YOU can make a difference, expanding your doula role to nurture and support fellow doulas, DONA International and, in turn, families. There's bound to be something that interests you -- positions on the Board of Directors or as a State/Provincial/Area Representative, Committee Chair or committee member are available. [Check them out!](#)

Publications Committee

Devote your creative talents and organizational skills to producing the *International Doula* magazine or *eDoula* newsletter for DONA International members worldwide. [Contact](#) the Director of Publications for further details.

Help make the conference a success

Spread the word to doula-friendly businesses or services about sponsoring the 15th Annual DONA International Conference, exhibiting in our fabulous exhibit hall, advertising in the extensive conference manual, distributing information or samples in our registration packets or donating items for our silent auction. Perhaps you will

more than one client within a month? Does she have other clients due within a short timeframe?

Addressing these questions, coupled with stellar backup arrangements and/or a doula's commitment to put her life aside for her clients, can give the birth doula the correct answer for her...at least for the month in question! The bottom line is that organization, advance planning and attention to detail will ensure a minimum of anxiety for the doula while fostering her client's confidence in her services.



Shame on Facebook

The Academy of Breastfeeding Medicine issued a public release in mid January advising Facebook to review its policy banning photos of breastfeeding mothers stating that it perpetuates misguided and outdated notions about breastfeeding and propagates the belief that breastfeeding is shameful. [Read it here.](#)

Remembering labor pain

A longitudinal study of over 1,300 Swedish women published in the *BJOG* showed that women who evaluate birth overall as a positive experience rated their memories of pain lower than those with negative experiences who rated their pain highest. The study concludes that to identify women suffering from long-term negative consequences of birth, we need to ask about their overall experience, rather than their memory of severe labor pain. [Read it here.](#)

Environmental chemicals do not lessen breastmilk benefits

The December issue of *Breastfeeding Medicine* published a study which encompassed an historical review comparing breastfed and formula fed infants over time. Although chemicals may be present in breastmilk, the health benefits far outweigh any risks. [Read it here.](#)

Vitamin D deficiency linked to cesareans

Women deficient in vitamin D had a four times greater risk of having a cesarean says a multivariable analysis published in the *Journal of Clinical Endocrinology and Metabolism*. Theories are that skeletal and smooth muscle strength is compromised and it is possible that there might be an association to diagnoses of cephalopelvic disproportion and failure to progress as well as preeclampsia due to a link with immune status. The researchers conclude that a randomized controlled trial is warranted because vitamin D deficiency is on the rise. [Read about it here.](#)

Maternity leave benefits mothers and babies

Studies reported in *Women's Health Issues* and *Pediatrics* both demonstrate positive effects of maternity leave in the ninth month of pregnancy and for as long as possible postpartum, including a reduced incidence of cesarean birth and better breastfeeding establishment and duration. [Download the complimentary PDF.](#)

take advantage of one of these opportunities yourself? You will find the [prospectus](#) on the DONA International web site.

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

Quick Tip

By Irma Kapsenberg,
CD(DONA)
Corvallis, OR

I learned an important lesson when a client didn't have time to look up all my contact information because their birth happened so quickly. Now I make magnetic cards containing all my contact information and personally stick it on my clients' refrigerators where they can easily find it with a reminder to put all these numbers in their cell phones as well.

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 Leanne Palmerston
Hamilton, ON

I've started using my doula skills to calm my five year old son when he hurts himself. I do the *take charge routine* to get him over his hysteria and it works! I realised just how thoroughly it works the other day when my niece tripped and I heard my son saying, "Take a deep breath and blow it out,

Just do-ula it!

PROFESSIONAL
Development

Educational Opportunities

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

Stay tuned for the exciting announcement of our General Session speakers and topics. You can look forward to a wonderful variety of Concurrent Session speakers and topics too! DONA International founders Penny Simkin, Marshall Klaus and Phyllis Klaus will be sharing their expertise, plus many, many more. Watch the conference [web page](#) for continually updated information.

Certification and Recertification

Attendance at a basic birth or postpartum doula workshop is an initial step toward your doula certification. Have you attended a workshop yet? Why not attend a birth or postpartum doula workshop immediately following the Annual Conference in Atlanta, GA? Details are available on the conference [web page](#).

Once certified, you must recertify every three years. Don't delay gathering all your continuing education contact hours until your certification is about to expire! Gain all the contact hours for recertification that you will need by attending the [15th Annual DONA International Conference](#).

Third Party Reimbursement

DONA International is gearing up the Third Party Reimbursement Committee. Please contact us if you are interested in becoming more involved. Our goals are to collect data and gain third party reimbursement for our members. Many of you are making progress and the time has come to create a unified movement to work towards national standards for reimbursement of doula services. Please contact [Jessica Atkins](#), DONA International's Third Party Reimbursement Chair, if you are interested in committing your time and efforts towards achieving this goal.

Welcome!

CELEBRATING
Our Members

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

CANADA: Nova Scotia: Robyn Berman (Halifax), **UNITED STATES:**
Arizona: Katie DiBenedetto (Phoenix), **California:** Linda Crawford (Santee), Caroline Meagher (Sausalito), **Colorado:** Marcy Tracy (Avon),

just breathe now." He had his hands on her shoulders and was looking into her eyes, breathing deeply to show her what to do!

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!

Take the opportunity to think about and thank all the people who have made it possible for you to do the important work you do. Perhaps you have your family to thank for their flexibility. Maybe a colleague mentored and guided you. There might have been a special circumstance in your life that led you on your path. DONA International joins you in thanking whatever or whomever deserves your recognition.

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

Florida: Michelle Gelpy (West Palm Beach), **Indiana:** Jennifer Goldsmith (Indianapolis), **Minnesota:** Katherine Skilar (Minneapolis), **New Jersey:** Ashley Hotz (Brick), Doreet (Judy) Osman (Fair Haven), **North Carolina:** Jordan Schmick (Asheville), **Pennsylvania:** Robyn Fox (Media), **Texas:** Sally Leissner (Pflugerville), **Utah:** Marie Long (Provo), **Wisconsin:** Samara Hamze (Oshkosh)

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

CANADA: **Alberta:** Melissa Joa (Okotoks), **British Columbia:** Shan Murley (Chilliwack), Regan Grill (Nanaimo), Lucy French (Vancouver), **Manitoba:** Becky Heather (Winnipeg), Michelle Santschi (Winnipeg), **Nova Scotia:** Wanda Cox (Milford Station), **Ontario:** Deanna Burns (Oakville), Lorri Fleming (Oakville), Susan McGregor Irwin (Orillia), **ISRAEL:** Paula Aji (Tel-Aviv), **SWITZERLAND:** Kristi Moore (Zurich), **UNITED STATES:** **Arizona:** Susan J LaPlante (Phoenix), Kate Quinlan (Tucson), **California:** Jana Rogers (Antelope), Amy DeAscentis (Lincoln), Alison Bennett (Rancho Santa Margarita), Traci Moren (San Francisco), Patricia Spelman (San Ramon), Julie Lefmann (Santa Cruz), Alexandra Wyatt (Saugus), Jennifer Camomile (Thousand Oaks), **Colorado:** Julie Thompson (Westminster), **Florida:** Benay Collins (Hollywood), Beverly Andrews (Jacksonville), Jenifer VanDyke (Jacksonville), Lois Jean Hall (Tampa), **Idaho:** Abigail Meglich (Hope), Maren Fuller (Ketchum), **Illinois:** Jill Davis (Algonquin), Rosemary Medina (Chicago), **Kansas:** Teresa Marshall (Bucyrus), **Kentucky:** Susan Linville (Louisville), Nichole Goff (Shelbyville), **Maryland:** Jennifer Gooding (Arnold), Jessica Groves (Hampstead), **Michigan:** Melissa Taylor (Bay City), Christina Sjogren (Ferndale), **Minnesota:** Susan Schirber (Minneapolis), Jaquelyn Mysak (Rochester), **Missouri:** Linda Rose Tompkins (Florissant), Jody Huntsman Tetlow (Springfield), Carrie Sutherland (Valley Park), **New Hampshire:** Jaime Caryl-Klika (Concord), **New Jersey:** Christine Fitzgerald (Ramsey), **New Mexico:** Camella Smith (Albuquerque), Esther Hamby (Belen), **New York:** Barbara Holmes (Brooklyn), Abigail Walker Valencia (Brooklyn), Kathy VanSteen (Central Islip), Adina M Freud (Flushing), Wendy Eaton (Jersey City), Lauren Kunis (Kew Garden Hills), Catherine Gaertig (Putnam Valley), Kathleen Bird (Rochester), Kharis Davey (Scrub Oak), **North Carolina:** Jami Craver (Greensboro), Abigail Hallmark (Greensboro), **Ohio:** Alison Diaz (Kilbourne), **Oregon:** Bess Blacquiere (Eugene), **Pennsylvania:** Amy Farr (Worthington), **Texas:** Kathryn Fincher (Austin), Kirsten James (Dallas), Tonya Buffington (Keller), **Virginia:** Latia Murphy (Charlottesville), Christy Escher (Fredericksburg), **Washington:** Elizabeth A Mathison (Ft Lewis), Jennifer Chapman (Marysville), Dawn Bouchard (Roy), Christine Knapp (Spokane), **Wisconsin:** Jessica Carrano (Stoughton)

Congratulations to our recertified postpartum doulas from November 1 to December 31, 2008:

UNITED STATES: **New Jersey:** Tamara Tsoutsouris (Millburn), **Virginia:** Lynnette Keefe (Chesapeake)

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

CANADA: **Alberta:** Rae Broda (Calgary), Cyndi L. Day (Jasper), **British Columbia:** Angela Hartshorne (Surrey), **Manitoba:** Shelley Schau (Winnipeg), **Ontario:** Muna Bashir (Ottawa), Sandi Cole (Toronto),

MEXICO: Mexico City: Vivian Weissmann (Lomas de Chapultepec), **UNITED STATES: Arizona:** Laurie Stephen (Tucson), **California:** Felicia Roche (Oakland), Jennifer Rode (Orangevale), Katherine De Bel (Petaluma), Kathleen Tuck (Pismo Beach), Connie Hasley (San Luis Obispo), Virginia Bobro (Santa Barbara), Deidre Lorenzo (Scotts Valley), Amy Pietz (Studio City), **Colorado:** Carri Grimditch (Berthoud), **Connecticut:** Kendra Dickinson (East Hampton), **Florida:** Van P. English (Ft. Myers), Naeemah Jones (Miramar), Angela Stocksdale (Wesley Chapel), Cynthia Koerner (Winter Park), **Illinois:** Michelle VanZeyl (Collinsville), **Indiana:** Mary Gemma (Indianapolis), Patricia Harrison (Marion), Mary Huffman (Terre Haute), **Kentucky:** Mary L DeWitt (Louisville), **Maryland:** Ludia Sarmast (Riva), Dawn Single (Rosedale), Louise Smith (Scaggsville), **Michigan:** Victoria Macioce-Stumpf (Bloomfield Hills), **Minnesota:** Lisa Erbes (Burnsville), Cynthia Levine (Minneapolis), **Missouri:** Janene Moser (Springfield), Gladys Leigh (Webster Groves), **New Hampshire:** Carol DeStefano (Greenland), Maria Miles (Strafford), **New Jersey:** Cathy Daub (Medford), Billee Wolff (New Milford), Rosemarie DiMare (Old Bridge), **New York:** Patricia Fox (Brooklyn), Taryn Cornelius (Suffern), Alice Murchie (Tonawanda), **North Carolina:** Pancha T Gopal (Hillsborough), L Kay Johnson (Raleigh), **Pennsylvania:** Tonya Blais (Carlisle), **Tennessee:** Sarah McKay (Lebanon), **Texas:** Pamela Wilson (San Angelo), **Utah:** Laura Bikman (American Fork), Jennetta Billhimer (Hyde Park), **Washington:** Shelly Peterson (Federal Way), **Wisconsin:** Jenny Lindley (Mount Horeb)

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%

Offer Expires: February 28, 2009

Print out and clip this coupon to save ten percent on your phone, fax or mail order of *The Labor Progress Handbook, 2nd ed* from the DONA Boutique while supplies last!

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

