

**In This Issue**

- Feature Story
- News Briefs
- Educational Opportunities
- Celebrating Our Members



**It's time to start planning to attend!**

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

**Quick Links...**

- [DONA International](#)
- [DONA Boutique](#)
- [2009 Conference Info](#)

**Volunteer**

Dear DONA International,

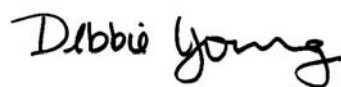
I hope you are staying warm!



A couple of weeks ago it was -40 degrees with the wind chill in Iowa. I was hoping that none of my client went into labor that night! I live about an hour from most of my birth clients so I always ask them to give me an early head's up to help me get to them in a timely fashion. Thankfully my backup doulas live closer to the clients than I do, in most cases. A few years ago a client called with a premonition that she was about ready to go into labor and a big storm was coming. She and I were both a few hours away from the hospital so due to an impending storm, we both came into the town where the hospital was to stay the night. From her hotel room, she called me at my friend's home about midnight and we headed to the hospital on icy roads but made it safely since we were both just 15 minutes away. Her baby was born just as the sun came up, in the hospital where she planned to give birth because of a little pre-planning.

So remember to put travel provisions in your *bag of tricks*. A good backup doula is so important too for bad roads or the times life prohibits your getting to the hospital or a client's home due to other circumstances.

Warmly,



Debbie Young, CD(DONA), PCD(DONA)

[President@DONA.org](mailto:President@DONA.org)

**Feature Story**

**Giving**

By Michelle-Nicholle Calareso, CD(DONA)  
DONA Multi-Cultural Director

There are various attributes that make human beings alike and different. Our needs are simple but similar. We all need love, compassion and the feeling of being understood. Doulas fulfill these needs every time we work with our clients during their prenatal, labor and postpartum periods. We give constantly and do it selflessly. DONA International is here to give to our members. As the DONA Multicultural Director I recognize that we are all very different. We bring our different backgrounds, races, ethnicities, languages and religions to the table. Even when we share many of these

## Opportunities DONA International needs you!

DONA International is an organization run by volunteers. Won't you consider sharing your time and talents to expand awareness of doulas in your community and around the world?

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

### Quick Tip

By Erin Aileen Tcheuffa,  
CD(DONA)  
Hagerstown, MD

A nurse shared this tip with me at the last birth I attended. Mom had a very swollen perineum and the crack-n-shake cold pack pads just weren't providing enough relief. The nurse tore the end of a baby diaper open, filled it with ice under the absorbent lining, taped it shut and used that instead! It worked great because we didn't have to wrap it in cloths. We also used a baby diaper for covering a hep lock in the shower. Just a little extra surgical tape to secure it and voila!

*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 Eva Bild, CD(DONA)  
Victoria, BC

I was called to attend a

characteristics there are still regional and cultural differences. I encourage you to help DONA International to better understand your needs, whether it is more written materials, trainings that are tailored to your community, or a forum where you can discuss your needs and wants. What can we do to help you feel loved, supported and ready to go back out into your community to give to your clients? Contact me at [Multi-Cultural@DONA.org](mailto:Multi-Cultural@DONA.org).

*Extra! Extra!*

*News Briefs*

### News from your Director of International Development

By Nicole Heidbreder, CD(DONA), PCD(DONA)

I would take this opportunity to introduce myself to you. My name is Nicole Heidbreder and I have the distinct pleasure of being the new Director of International Development for DONA International. I started this position in March of 2008 and will continue until September 2009. I live in New York City and work as a labor and postpartum doula, childbirth educator and lactation counselor.

Since starting my position, I have been assessing DONA International's current status around the world and doing strategic planning with Debbie Young, DONA President. Feedback from our Central and South American members is that they really want more documents written in Spanish...so guess what we have been working on? Yes, we found a translator and have begun working to translate our brochures and certification packets into Spanish and hope to expand into other documents and publications. Once we have completed the Spanish translations, I am very excited to report that we will look at translating our documents into other languages.

I sincerely hope that all of you know how important your feedback and input is to our organization. Please feel free to send me an [e-mail](#) at any time. Also, our organization is mostly run by volunteers like me, so if you have any interest in working on a project or taking on a position, do reach out to me. You can find out more information about it on the Get Involved page on our [web site](#).

*Just do-ula it!*

*PROFESSIONAL  
Development*

### Educational Opportunities

#### GERMANY - Landstuh/Ramstein

#### Birth Doula Workshop

March 27-29, 2009

Contact: Wendy Topping 905-729-3098 or [doulas@live.com](mailto:doulas@live.com)

client after a rather raucous New Year's Eve party a couple of years ago. My client's baby was breech and her membranes had ruptured three weeks early. She was being prepped for a caesarean, and she was very disappointed. As I left the house, I grabbed the plastic tiara my daughter had been wearing the night before. When I got to the hospital I placed it on my client's head, telling her that no matter how she had her baby, today she was the queen and we all honoured her for the hard work she was doing. I have a picture of my client with the tiara on her head, grinning as she was being wheeled into the OR. The cheap plastic bauble sure lightened the mood. Since then, I always have one in my doula bag in case a little comic relief is needed.

*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!

You are appreciated for bringing the DONA International vision of "A doula for every woman who wants one" to the international community!

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

### **BERMUDA - Devonshire**

#### **Postpartum Doula Workshop**

May 1-3, 2009

Contact: Sophia Cannonier 441-799-6330 or [sophiacannonier@ibl.bm](mailto:sophiacannonier@ibl.bm)

### **AUSTRALIA - Towoomba, QLD**

#### **Birth Doula Workshop**

May 8-10, 2009

Contact: Julie Thompson or Sue Larkin 814-489-3796 or 4639-4380

[juliedoulaworkshop@verizon.net](mailto:juliedoulaworkshop@verizon.net) or [slarkin@live.com.au](mailto:slarkin@live.com.au)

### **GREECE - Athens**

#### **Birth Doula Workshop**

September 11-13, 2009

Contact: Wendy Topping 905-729-3098 or [doulas@live.com](mailto:doulas@live.com)

### **AUSTRALIA - Great Keppel Island**

#### **Birth Doula Workshop**

February 2010

Julie Thompson 814-489-3796 or 011-617-4936-3287

[juliedoulaworkshop@verizon.net](mailto:juliedoulaworkshop@verizon.net) or [kimwindsor@aapt.net.au](mailto:kimwindsor@aapt.net.au)

---

## 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).



**DONA International proudly welcomes the following new International members who joined from September 1 to November 30, 2008:**

**WESTERN AUSTRALIA:** Louise Pekan (Canning Vale), **BERMUDA:** Angela Sainsbury (Smiths), Tammy Boss (Southampton), **MALTA:** Kate Calamatta (Zurrieq), **NETHERLANDS:** Agnes Konings p/a't Grensgeval (Baaele Nassau), **ARMED FORCES EUROPE:** Heather Felpel (APO)

*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.*

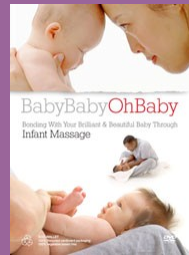
Sunday Tortelli, Director of Publications

## DONA Boutique

Print out and clip this coupon to save ten percent on your phone, fax or mail order of the DVD, *BabyBabyOhBaby: Bonding With Your Brilliant and Beautiful Baby through Infant Massage*, from the DONA Boutique while supplies last!

Save 10%

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



Offer Expires: January 31, 2009