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Connect with regional members in Atlanta!

Don't delay, register today!

Make your room reservations early. Visit DONA International's personalized event page on The Westin Peachtree Plaza's [web site](#).

Advertise in the conference manual, exhibit in the exhibit hall or sponsor a portion of the conference. Opportunities are listed in the [Prospectus](#). Share it with others!

Visit the *2009 DONA International Conference* [web page](#).

Quick Links...

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

**Volunteer Opportunities
DONA International needs you!**

Translators needed

If you are fluent in a language other than English and have experience as a translator, you may be able to assist

Dear DONA International,

I have moved my office to the second floor of my home in a small room that used to hold my craft materials. But it is quiet and I can think here with little distractions. On huge benefit is that now I look down on a bird house my husband and youngest son made several years ago. It is full with a bird family building a nest. First the old nest got tossed out bit by bit and then they brought in new material. I suppose that the eggs are laid by now and it won't be long before I can see the baby birds appear on the porch to take that first flight.



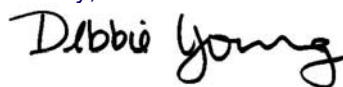
First flights are always very scary. When people ask me about my job they often assume that the families that we work with are having their first babies. But that is not true in my practice. It is about a 50/50 split. I do work with those who are taking their first flight into birth or bring a baby home but I also work with those who have tried their wings before and realized how difficult it is and want help the next time around.

For those that are already parents, the questions are different and the direction is more focused. They knew what happened last time and this time they may want to choose a new caregiver, try for no medication or a different medication, have greater assistance breastfeeding because no one supported their efforts in the home last time or want tips for helping them learn to get through those first few weeks postpartum with less stress and more rest.

I am happy to support families in all phases of birth and parenthood. It is a job that I love. I hope you love it as much as I do.

Have a wonderful spring!

Warmly,



Debbie Young, CD(DONA), PCD(DONA) President@DONA.org

Feature Story

Doula work during tough economic times

By Sheri Deveney, CD(DONA)
Penticton, BC, Canada

us in translating materials or as a translator at a workshop. Please contact InternationalDevelopment@DONA.org.

Multicultural committee

Share your expertise in multiculturalism. Contact Multicultural@DONA.org for information.

Open positions

Put your experience to work for DONA International! The Mexico/International Director position is open, as are a variety of committee positions.

Certification Committee

The Certification Committee is seeking certified birth doulas who would like to become a part of this dynamic committee! If you would like to find out more about how you can contribute to DONA International and our growing membership by offering this valuable service, please e-mail CertificationDirector@DONA.org.

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

Quick Tip

By Amy Bauer, CD(DONA)
Cedar Lake, IN, USA

When I am called to a birth, I will print off [TodayInHistory](#) for the parents so that they have historical information about the day of their child's birth. In a situation where I am not sure what day the baby will be born, I print off two or maybe three days. Parents seem to enjoy this and it gives us something to talk about during the birth to keep the focus off of pain or boredom.

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 Cindy Hansen, CD(DONA)
Chilliwack, BC, Canada

I always work with my clients to make breastfeeding a success. One of my

I've always said that doula work is a compensatory profession. We compensate for the lack of extended family in the immediate lives of women, we compensate for underfunded maternity units that can't provide one-to-one nursing care, and now, we'll have to find ways to support women when more and more of them can't afford to pay us for our services. How will we compensate for this? We doulas are creative; we find ways! All of us, at some time, have bartered everything from cords of wood for our fireplaces to haircuts for our families. I expect we'll be doing a lot more of this; perhaps we'll be using the gardens of some of our clients for fresh vegetables or collecting jars of canned tomatoes and peaches. Maybe we'll be using the talents of the dads having our living rooms painted or our floors refinished.

Let's open our minds as well as our hearts and find ways that we can serve the women in our respective communities. I know that when the going gets tough, doulas get going! I'd love to [hear](#) some of your creative ideas so we can all learn from each other.

Extra! Extra!

News Briefs

Evidence increases for risks in cesarean surgery as national rate continues to rise

As research continues to mount for the risks of cesarean surgery, the Centers for Disease Control released new, staggering statistics today reporting that 31.8 percent of women endure birth by cesarean in the United States (2007). This announcement comes after the release of significant findings from the New England Journal of Medicine reinforcing that birth by cesarean surgery before 39 weeks of pregnancy causes increased complications in newborns. Click [here](#) for the full article

Does breastfeeding reduce the risk of SIDS?

This study shows that breastfeeding reduced the risk of sudden infant death syndrome by 50 percent at all ages throughout infancy. It is recommended to include the advice to breastfeed through six months of age in sudden infant death syndrome risk-reduction messages. Click [here](#) for the full article.

Just do-ula it!

PROFESSIONAL
Development

Educational Opportunities

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

Join us in the United States for an empowering continuing education experience! Birth and postpartum doula workshops and trainer workshops are also being held immediately following the conference. Visit the conference [web page](#) on the DONA International web site

clients told me that while she was nursing the baby her three year old son asked, "Why do you have two of those? Is one for hot milk and one for cold?"

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!](#)

International Doula Month

Are you planning something great for International Doula Month in May? Send your ideas to be posted on our web site to Stefanie at PublicRelations@DONA.org.

Thanks!

DONA International values our international members. It is your dedication and commitment that spreads the doula spirit to all corners of the world, truly assisting DONA International's vision of "a doula for every woman who wants one."

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

frequently.

DONA Doula Workshops

Visit the Find a Doula Workshop [page](#) on the DONA International web site for information on upcoming birth doula workshops scheduled in Australia, Bahamas, Estonia, Germany and Greece and a postpartum doula workshop scheduled in Bermuda.

Recommended Timeline for Birth Doula Certification

If you are working on your birth doula certification, you might find this recommended timeline useful to help you stay organized as you complete all of the certification requirements within the four (4) year time frame required by DONA International. [Access it here](#).

Membership Survey

Your input is needed to facilitate improvements in the support and services DONA International offers to our members. If you have not already done so, please take a few minutes to complete this short [survey](#). The deadline is April 20th!



DONA International proudly welcomes the following new members to the International Region from December 1, 2008 to February 28, 2009:

Germany: Margaret Hermel (Aachen), **Hungary:** Réka A Dézsi (Ják), **Israel:** Rachelle Oseran (Jerusalem), Chum Berry (Jerusalem), Miriam Edelman (Jerusalem), Bracha Grossman (Jerusalem), Yocheved Brail (Jerusalem), Ilana Shalom (Jerusalem), Rochel Kohn (Nvei Yaakov), Cipora Moses (HarNof), **New Zealand:** Michelle Francis (Paekakariki), **Armed Forces Europe:** Shirley Trejos (APO), Bridgette Bynum (APO), **Armed Forces Pacific:** Arleta Brehm (FPO)

*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 the Knuckle-Baller Massager with the sure grip handle and directional massage balls from the DONA Boutique while supplies last!



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

Offer Expires: April 30, 2009