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Celebrating Our Members



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

**Countdown to Atlanta!**

Time is almost up to apply to the [Doula Spirit Fund](#) for a conference fee waiver and to send in your nominations for the [Founders' Awards](#). Deadline: March 31st.

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!

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

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

**Quick Links...**[DONA International](#)[DONA Boutique](#)[2009 Conference Info](#)

**Volunteer Opportunities**  
**DONA International needs you!**

Dear DONA International,

Trusting the families that we work with to make the best choices for themselves is a cornerstone of what doulas stand for. Sometimes it is hard to support them when they make choices that are far from the choices we would make in the same circumstance.

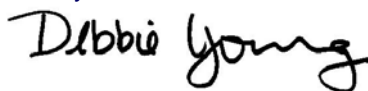


My ability to do this was put to a test last week when my foreign exchange daughter chose not to take a readily prescribed medication to get over a contagious condition. She was not feeling well for a few days and her symptoms began to worry me. So we went to the doctor and the doctor confirmed the condition and prescribed the medication. She chose not to take the medication and because of that she had to stay out of school the whole week (she has not missed any days since she came here last fall). She conferred with her mother and they chose the non-medication treatment that she would have received in her home country.

It was really hard for me to trust that she made the right decision. Then I reminded myself that if she were my client, I would support the decision that she made even if it was different than what I would have done. We still had some bumps along the way as she wanted to get back out in public but I had to say "no" to protect others from illness. In the end, we worked it out and she got better and is now back in school.

Sometimes it is hard to put our money where our mouth is but I trust you will keep doing it. In fostering maximum self determination, we celebrate the families' ability to make choices that are right for them. Thanks for doing that for the families you work with.

Warmly,

A handwritten signature in blue ink that reads "Debbie Young".**Feature Story****Weaving postpartum doula work into our lives**

By Susan Martensen CD(DONA), PCD(DONA)  
Ottawa, ON

"How many clients do you work for in a month?" doulas ask me at workshops. A lively discussion follows as they explore the opportunities. "What hours do clients need postpartum doulas?" "What hours can you work based on your own life and family?" The considerations are very similar for birth and postpartum doulas alike. The beauty of postpartum

## Our volunteers are important to us...

Would you like to be one? Learn more about open volunteer positions including *International Doula* Managing Editor, *eDoula* Newsletter Editor, State/Provincial/Area Representatives in many locations, as well as the board positions of Mexico/International Director and Director of Education.

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

## Quick Tip

By Judy Steinlin  
Elgin, SC

For mothers having back labor who prefer cold compresses over warm ones, gently separate a newborn diaper at the tab end and fill it with crushed ice. Roll it down and seal it with the tabs. It will last for several hours.

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 Jill Richards  
Naples, FL

After my homebirth, my oldest son (then age 6) asked what the placenta was. I told him it was what fed the baby while he was inside me. He said, "Well, I wished he had eaten all of it because it's gross, and I don't want to look at it anymore!"

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!](#)

work is that, for the most part, it can be scheduled according to your own life balance. Days, nights, weekends - number of hours that you are with each client? Length of time staying with clients? Working for more than one client in a 24-hour time period? How far to travel to the client and between clients? Are there a "minimum" number of hours to make it effective support for the client? How many hours is the client looking for? Is the doula also a birth doula? It is possible to blend both as clients are usually willing to accommodate flexibility or backup if a birth comes up (having just given birth, clients understand the spontaneity). The client may be both a birth and a postpartum client, which offers continuity of care. Two doulas may serve the same client.

A lot for doulas to consider? Yes, but organization in scheduling, good backup and good boundaries when considering the doula's own personal life and events make it all possible and extremely rewarding work! As with all doula work, we have to consider the "grey area" - doula work is not "black and white" - that is what makes it so interesting!



## Hormone predictive of postpartum depression

A small U.S. study published in the *Archives of General Psychiatry* correlate corticotropin-releasing hormone (CRH) with postpartum depression. CRH is produced by the placenta in preparation for birth and levels fall dramatically after birth. Women with high levels halfway through their pregnancy experience more severe withdrawal symptoms post birth. The researchers suggest routine prenatal blood screening to identify those at risk. [Read more.](#)

## Vaginal birth may prevent postpartum depression

A small, prospective multicenter study published in *BMC Pregnancy and Childbirth* shows an overall improved quality of life following vaginal birth as opposed to cesarean birth in the short term. [Read it here.](#)

## Time Magazine on Cesarean and VBAC

Read this enlightened article on the unfortunate reality of VBAC-lash (providers and hospitals refusing to allow vaginal birth after cesarean). [Find it here.](#)



## Educational Opportunities

### General Session Presentations

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

## Important Notices from DONA International

DONA International is going "green!" Membership renewal notices and other important member information will now be delivered directly to your e-mail inbox via a Constant Contact notice.

Make sure to add [Newsletters@DONA.org](mailto:Newsletters@DONA.org) and [MembershipSupport@DONA.org](mailto:MembershipSupport@DONA.org) to your address book so you will be sure to get important notices regarding DONA International, your certification and membership updates!

## Thanks!

Join us in appreciation of all the local, national and international organizations that keep maternal-child health in the forefront of our minds and who work diligently every day to ensure improvement on all levels.

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

Here are the exciting General Session speakers and topics you can look forward to learning from at the conference. A wonderful variety of Concurrent Session speakers and topics are also scheduled. Watch the conference [web page](#) for more information.

- *The Attachment Needs of the Laboring Woman* presented by Amy Gilliland, MA, CD(DONA)
- *Birth Kangaroo Care and Beyond: The Science of the Hormones, Pain Control, Hypoglycemia, Thermoregulation and Breastfeeding* presented by Susan M. Ludington-Hoe, RN, CNM, Ph.D., FAAN
- *Honoring the Spirit and Traditions of Doulas: Embracing Diversity among Women Care Givers* presented by Shafia M. Monroe, CM, BA
- *Green Birth* presented by Penny Simkin, PT, CD(DONA)
- *Childhood Vaccines* presented by Robert W. Sears, MD
- *Birth Trauma: Lessons from Solace for Mothers* presented by Sharon Storton, MA, CLE, CCHT, LMFT

## Birth and postpartum doula certification

Birth and postpartum doula workshops are being offered immediately following the Annual Conference in Atlanta, GA. Details are available on the conference [web page](#).

## Recertification

Attendance at the Annual Conference in Atlanta, GA will provide you with all the recertification contact hours you need! Details are available on the conference [web page](#).

## DONA International expands multicultural outreach

Join the DONA Multicultural Committee and help us achieve our goal to explore and establish guidelines for outreach to the multicultural doula population and the communities they serve. If you have personal or professional experience with multicultural communities and are interested in sharing your expertise and committing time toward achieving this goal, please contact [Michelle-Nicholle Calareso](#), DONA Multicultural Director.



## **Congratulations to our newly certified postpartum doulas from January 1 to 31, 2009:**

**CANADA: Ontario:** Lisa Caron (Toronto), **UNITED STATES: California:** Marisol Couto (Hawthorne), Alison Lehrer (Los Angeles), Danielle Marie Gutshall (Los Angeles), Deirdre Daly (San Bruno), **Kansas:** Erin Miller (Linwood), **Massachusetts:** Nina Palmer (Newton), Susan Rosenberg (Newton), **New York:** Sandra Trimarchi (Hopewell Junction), **North Carolina:** Megan Stauffer (Chapel Hill), **Ohio:** Denise Williamson (Twinsburg), **Oregon:** Donna Estrada (Milwaukee), **Pennsylvania:** Sue

Montgomery (Collegeville), **Texas:** Laura Smith (Austin), Cheryl Anderson (Houston)

***Congratulations to our newly certified birth doulas from January 1 to 31, 2009:***

**AUSTRALIA:** Genevieve Sayers (Toowoomba), **CANADA: Alberta:** Suzanne Moquin (Edmonton), Janet Ducommun (High River), Lois Schmidt (Patricia), **Manitoba:** Angela Maes (Winnipeg), **Nova Scotia:** Anette Goodwin (Halifax), **Ontario:** Lisa Caron (Toronto), Lesley Lavender (Wellington), **UNITED STATES; Arizona:** Julie Johnson (Buckeye), Julie Stanners (Tucson), **California:** Joni Lucarelli (Arcadia), Danielle Marie Gutshall (Los Angeles), Katherine Barkley (Monrovia), Tracy Osborne (Murrieta), Jenna Humphreys (Santa Barbara), Debra Silverman (Santa Monica), Tracy Meissner (Seaside), Claudia Moreira (Sunland), **Colorado:** Becky Potter (Evergreen), **District of Columbia:** Rachel Lord (Washington), **Florida:** Tonya Hester (Land O Lakes), **Georgia:** Christina Pruitt (Griffin), Missy Taylor (Oakwood), Erin Josey (Watkinsville), **Illinois:** Sarah Dufrane (Champaign), Susan Smartt (Chicago), Colleen Curry (New Lenox), Samantha Brinkerhoff (Paris), **Kansas:** Jill Rozean (Hays), **Kentucky:** Kim Tabler (Louisville), **Massachusetts:** Maria Dolorico (Boston), **Michigan:** Nelda Murphy (Saline), **Minnesota:** Sara Wilcox (Richfield), Alisa Blackwood (St Paul), Heather Meyen (St. Anthony), **Missouri:** Briana Mager (Chesterfield), Vicki Palmer (St Louis), **New Jersey:** Christine Jones-Wollerton (Bayville), Marla Rottenstreich (Highland Park), Mary Ellen Lloyd (Lake Hiawatha), Stacey Gorstein (Pompton Lakes), Carley Aroldi (Ringwood), **New Mexico:** Sarah Taylor (Albuquerque), **New York:** Frady Goldstein (Brooklyn), Jessica Senecal (Brooklyn), Antoinette Leonard (Brooklyn), Randy Patterson (Lake Peekskill), Johanna D' Aleo (New Paltz), Dahlyt Berezin-Bahr (Staten Island), **North Carolina:** Heather Sevcik (Asheville), **Oklahoma:** Nicole Imes (Del City), **Oregon:** Gracie Koester (Portland), Melissa Haskins (Portland), **Pennsylvania:** Edyta Hutchman (Harrisburg), Donella Smith (Pittsburgh), **South Carolina:** Jennifer Gatch (St Matthews), **Texas:** Stephanie Scott (Austin), Lydia Conrad (Plano), Julieanne Gooden (Roanoke), **Virginia:** Chrystine Zacherau (Burke), Brenda Coulson (Fairfax), Sarah Roberts (Fairfax), Heidi Horner (Spotsylvania), **Washington:** Michelle Rickard (Buckley), Lauren Bergstedt-Kohler (Spokane), Katrina Neff (Tacoma)

***Congratulations to our recertified postpartum doulas from January 1 to 31, 2009:***

**UNITED STATES: Minnesota:** Candy Miller (Brooklyn Park)

***Congratulations to our recertified birth doulas from January 1 to 31, 2009:***

**CANADA: Alberta:** Loree Siermachesky (Medicine Hat), **British Columbia:** Lauren Abbott (Quesnel), **Ontario:** Belinda Raycraft (Trenton), **Quebec:** Rivka Cymbalist (Montreal), **UNITED STATES: California:** Tara Stivers (Camarillo), CarolAnn Braun (North Hollywood), Savannah McCormack (Oakdale), **Colorado:** Kerri Atkinson (Loveland), **Florida:** Saadet Shreim (Coral Springs), Rayna J Degree (Tampa), **Hawaii:** Elizabeth Lee (Honolulu), **Idaho:** Tricia Sutherland (Kimberly), **Indiana:** Jordan Smith-Saalfrank (Fort Wayne), **Kentucky:** Vicki Sanders (Simpsonville), **Maryland:** Brenda J. Lane (Arnold), **Minnesota:** Nicole Wocelka (Minneapolis), Sara Yale (Minneapolis), **New Hampshire:** Robyn Haas (Fitzwilliam), **New Jersey:** Victoria H. Hedley (Montvale), **New York:** Jenny Leifer (Brooklyn), Gabriela Ammann (Brooklyn), Jami Nelson (Cedarhurst), Tina Atanasio (Manorville), **North Carolina:** Tequita

"T.S." Williamson (Pleasant Garden), **Oregon:** Julie H. Zamost (Eugene), Jesse Remer Henderson (Portland), Virginia "Gini" Elliott (Portland), **South Carolina:** Carolyn Valentine (Greenville), **Utah:** Angie Rosier (Salt Lake City), Jennifer Johnson (St George), **Virginia:** Nancy L Goldman (Norfolk), Julia Roth (Richmond)

*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.*