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Celebrating Our Members



**Countdown to Atlanta!**

*Please see the concurrent session revision below!*

Register [on-line](#) or mail or fax your completed registration today!

Reserve your room early to ensure availability. Conference room rates are \$160 USD plus tax and service rates. Share a room with friends to save money! Visit our personalized event page on The Westin Peachtree Plaza's [web site](#).

On-site self-parking is available for \$19 plus tax per day or \$23 plus tax per day for valet parking.

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!

Dear DONA International,

Life is so precious. Being with a family at the start of the new life in their family is such a special thing. If you're a busy doula, you can't possibly remember each birth or postpartum family that you attend, but they certainly remember you and the impact you made on their lives. As you stand beside them in this vulnerable and thus memorable time, your actions help change the course of their lives.



That is an awesome responsibility and a great joy. Looking at women as whole beings and families as a whole unit helps you impact them in a significant way. Women are not just the box that a baby comes out of. The mother is not the only important parent in the family. The doula sees the woman as a whole - body, mind, spirit - filled with wonder, anxiety and wonderful abilities. We see each parent (if there are two or more) as significant in their roles and we help them understand how each can contribute to the wellbeing of the baby and the family. Sometimes there are not very many others in our society who see these two very important points.

I am teaching a group of seasoned doulas a TENS class this week. It is a joy to hear them describe their work with women and families during the birth process. I am gaining such wisdom from them as I share new info with them. I wish I could meet each one of you and hear your story and learn your wisdom.

Thank you again for the work that you're doing with families. You are making a difference in the lives of those individual families and the larger society.

Warmly,

*Debbie Young*

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**Feature Story**

**What to wear to a birth?**

By Sunday Tortelli, CD(DONA)  
Strongsville, OH

Birth doulas often wonder if they should wear scrubs to births. Although there is no right or wrong birth apparel, I will share my personal opinion. Considerations for what constitutes appropriate apparel for a birth doula should take into account comfort, laundering ease, professionalism and

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

## Quick Links...

[DONA International](#)

[DONA Boutique](#)

[2009 Conference Info](#)

## Concurrent Session Revision

Please note that two sessions at the 15th Annual DONA International Conference in Atlanta, GA have been switched due to scheduling difficulties. The revised schedule is as follows:

**106 - Healing the Doula: Recovering From Our Clients' Losses and Disappointments** presented by Miriam Maslin

**302 - The Mother-Baby: Love, Bonding and the Roots of a Thriving Society** presented by Suzanne Arms

Be sure to mark your conference brochures and registration forms for easy reference!

## Volunteer Opportunities DONA International needs you!

### eDoula Newsletter Editor

Volunteer to manage this monthly eDoula newsletter, sharing your expertise in simple Internet communications with DONA International members. Contact [Publications@DONA.org](mailto:Publications@DONA.org). **Conference volunteer** Don't forget to check, "I

cultural appropriateness, which could lead one to conclude that scrubs are a great choice. I wonder, though, what impression a doula wearing scrubs makes on the hospital staff and even the birthing parents? Might doctors, midwives or nurses feel as though the doula is trying to blend in and be considered as part of the staff? Might the parents subconsciously, if not consciously, regard their doula more as one of the medical team than a personal advocate?

My strong hesitation to wear scrubs is founded on my personal experiences years ago working in a hospital based doula program that required us to wear the same scrubs worn by the nurses and also on a volunteer program at another hospital that required us to wear scrub jackets that were different than those worn by the nurses, but which were scrubs nonetheless. In both circumstances, doctors and even other nurses often confused the doulas for hospital staff, leading to some strained communications and expectations. Particularly in the volunteer program where we did not meet prior to labor, I felt it was often difficult for the laboring woman to perceive me as being solely her advocate and not a hospital employee.

My choice of apparel is simple. I call it dressing *respectfully and respectably*. I dress comfortably and casually while keeping in mind that this is a special day...a baby is being born!

Extra! Extra!

News Briefs

### H1N1 (swine) flu information from the CDC

The Centers for Disease Control has information available on their web site regarding pregnancy and breastfeeding. This is the link to a [consumer's guide for pregnancy](#). For [pregnant women susceptible to occupational exposure](#), access information at this link. Access the [breastfeeding consumer fact sheet](#) at this link.

### U.S. doulas can support the MOTHERS Act

To show lawmakers that you support the "Melanie Blocker Stokes Mom's Opportunity to Access Health, Education, Research and Support for Postpartum Depression Act" bill, sign onto the on-line registry created by Postpartum Support International. E-mail [Susan Dowd Stone](mailto:SusanDowdStone), chair of the President's Advisory Council for PSI.

### The Birth Survey results are in!

Check out the results of The Birth Survey conducted by the CIMS Grassroots Advocates Committee. Consumer reviews of obstetricians, midwives, hospitals, birth centers and home birth services, as well as facility interventions rates, information on finding good care and consumer feedback are available [on-line](#).

### Mothers of multiples at higher risk for PPD

A prospective study published in the April *Pediatrics* reports that mother of twins, triplets or higher order multiples had a 43 percent increased risk of depressive symptoms at nine months after birth over mothers of singletons, although only about 25 percent spoke to a mental health professional. [Read the abstract](#).

am interested in volunteering at the Conference" when you submit your registration form! For more info, contact [Rosemary](#). Being a conference volunteer is a perfect way to help ensure a wonderful conference experience for yourself and your colleagues. Volunteers do not miss out on a thing but are in on all the action!

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

### Quick Tip

By Christine Goldman,  
CD(DONA)  
Syracuse, NY

I was constantly looking for that perfect doula bag to carry my doula goodies. I liked the convenience of a small suitcase on wheels, but my doula goodies would get jostled all around when rolling it. On a trip to the craft store, I found a scrapbooking suitcase and noticed that the neat pockets and compartments were meant to stay upright. It has been a great doula deal!

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 Lois Schmidt,  
CD(DONA)  
Paricia, AB

### Onset of labor triggered by a hormone

An Australian study of 500 women supports the hypothesis that labor is triggered by elevated levels of placental corticotrophin-release hormone (CRH), which stimulates steroid hormone production in fetal adrenal glands. [Read about it here.](#)



## Educational Opportunities

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

Won't you join us at the fabulous conference planned in just three months! Once you see all the speakers and session topics, how can you resist? A PDF of the conference brochure is conveniently available [on-line](#). If you have not yet received your brochure in the mail, it will arrive soon!

### DONA Doula Workshops and Continuing Education

Birth and postpartum doula workshop listings can be found on the web site at the Find a Doula Workshop [link](#).

Advanced doula trainings for continuing education can be found on the web site at the Continuing Education [link](#).

Birth and postpartum doula workshops are also being offered in Atlanta following the conference.



## International Doula Month Photo Contest



During the month of May, DONA International is accepting submissions of photos of "doulas in action" in celebration of International Doula Month, May 2009. Prizes will be awarded to the 1st, 2nd and 3rd place photos. For details, visit the web site at [www.DONA.org](http://www.DONA.org).



### Congratulations to our newly certified postpartum doulas from February 1 to March 31, 2009:

**CANADA: British Columbia:** Marla Evans (North Vancouver), **UNITED STATES: California:** Peggy Hinkle (Alameda), Nancy L. Hill (Belmont), Ann De La Torre (Coronado), Karen Donaghy (Sebastopol),

I loaned a client my rebozo during her last trimester to help her with low back pain. They brought it to the hospital in labor but left it in the car. Dad went to fetch it, returning to the room with it wrapped around his head and flung jauntily over his shoulder, calling it his "Do-la rag!"

*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!

Thank you for whatever way you spread the word about doulas in celebration of International Doula Month. Whether you simply provided caring support to a mother during her birth or postpartum or whether you hosted a large celebration, complete with media attention, your efforts will go a long way to increase awareness. Share your ideas with us. Send your International Doula Month stories and photos to [Publications@DONA.org](mailto:Publications@DONA.org).

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

**Massachusetts:** Eithne Egan (Canton), Kate Hall (Sudbury), **New Mexico:** Robin Younger (Albuquerque), **New York:** Maria Fechtmuller-Read (Brooklyn), Sara Newman (New York), **Ohio:** Chris Weitzner (Cleveland), **Oregon:** Virginia "Gini" Elliott (Portland), **Texas:** Cristina "Tina" Valle (Haltom City), **Virginia:** Beth Youmans (Arlington), **Washington:** Angie Dobbins-Frisbie (Seattle)

### ***Congratulations to our newly certified birth doulas from February 1 to March 31, 2009:***

**BELGIUM:** Cristin Tighe (Brussels), **CANADA: Alberta:** Heather Crossan (Calgary), Glory Lees (Calgary), Lindsay DuChene (Edmonton), Sara Lee (Medicine Hat), Monica Koran (Medicine Hat), **British Columbia:** Julie Bergen (Prince George), Shannon Jones (Victoria), **Ontario:** Jessica Bonnar-McMillan (Brampton), Tracy Reid (Windsor), **GERMANY:** Angela Torres (Heidelberg), **ISRAEL:** Julie (Aviva) Sklar (Neve Yaacov), **UNITED STATES: Arizona:** Rebecca Honeycutt (Cottonwood), Shannon Tuke (Maricopa), Heather Evans (Queen Creek), Carolyn Olson (Tempe), Jennie Wilkerson (Tucson), **California:** Michelle Fitzgerald (Aliso Viejo), Laila Ibrahim (Berkeley), Cindy Curry (Castro Valley), Michelle Sutton (Felton), Whitney Robinson (Los Angeles), Caitlin Smith (Oakland), Diana Hurwitz (Santa Clara), **Colorado:** Lezlee Guy (Colorado Springs), Whitney Nichols-Dewey (Denver), Lindsay Schembri (Highlands Ranch), Gina Gerboth (Pueblo), **Connecticut:** Sarah Rydingsword (Salisbury), **Florida:** Trudie Jones (Ft Lauderdale), Robyn Smith (Lynn Haven), Amanda O'Gorman (Palm Beach Gardens), Kathy Jenkins (Pinellas Park), Kasie Carlson (Safety Harbor), Esther Etchene (Tampa), Rebecca Warner (Wellington), **Georgia:** Jeri Lynn Groves (Alpharetta), Lucia Massey (Crawford), Ayla Harrison (Decatur), Crystal Bowden (Douglasville), **Iowa:** Amanda Fust (Des Moines), Elizabeth Staidl (Dubuque), **Illinois:** Pamela Moreno (Moline), Jessie Biggs (Trenton), **Indiana:** Kristi Moke (Crown Point), Andrea "Andie" Gunter (Evansville), Kat Hickey (Fort Wayne), **Maine:** Ava Goodale (Union), **Maryland:** Karen Phelps (Columbia), Jenyfer Verdery (Fort Meade), Kathy Peacock (Takoma Park), **Massachusetts:** Annalisa Dunning (Beverly), **Minnesota:** Evelyn Hernandez (Brooklyn Center), Celia Rupp (Duluth), Barbara Salminen (Duluth), Megan Titcomb (Maplewood), Aide Mendoza-Cruz (Robbinsdale), **Missouri:** Dawn Stroup Kirby (Crestwood), **Montana:** Elizabeth Shumaker (Billings), **North Carolina:** Rose Campagnola (Carrboro), Grace MacNair (Chapel Hill), Andee Mulrooney-Jones (Durham), Heidi Hennigan (Ft Bragg), **Nevada:** Naomi O'Callaghan (North Las Vegas), **New York:** Rina Crane (Bronx), Eve-Chava Wachslar (Brooklyn), Grace Veras (Brooklyn), Malka Baila Schwartz (Brooklyn), Michele Broniszewski (Canastota), Sandra Trimarchi (Hopewell Junction), Shana Teitelbaum (New York), Daniela Grunfeld (Riverdale), **Ohio:** Aloha Wilson (Cardington), Jenn Elfner (Delaware), **Pennsylvania:** Eileen Baker (Etters), Brittany Sharpe McCollum (Philadelphia), **Texas:** Jennifer Dean (Gilmer), Natasha Hance (Justin), Bridget Van Fleet (Spring), Heather Qualls (Wolfe City), **Utah:** Joanne Thorn Springville), **Virginia:** Amelia Avila (Newport News), Jennifer de Franco (Nokesville), Jessica McKee (Strasburg), **Washington:** Lindsay Kinman (Auburn), Kim James (Seattle), **Wisconsin:** Joan Van Eperen (Little Chute), Lisa Gratschmayr (Milwaukee)

### ***Congratulations to our recertified postpartum doulas from February 1 to March 31, 2009:***

**UNITED STATES: California:** Peggy Wehrle (Garden Grove), Carolyn Wolfberg (Rancho Mirage), **District of Columbia:** Shannon Collier

Sunday Tortelli, Director  
of Publications

(Washington), **Maine:** Susan Remillard (Kittery Point), **Massachusetts:** Jennifer Greenberg (Newton), **New Jersey:** Victoria H. Hedley (Montvale)

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

**CANADA: Alberta:** Suzanne Moquin (Edmonton), Lee-Anne Murakami (High River), Carey Wideman (St. Albert), **British Columbia:** Charlene Toews (Salmon Arm), **Nova Scotia:** Hilary Marentette (Ferguson's Cove), **Ontario:** Asma Moin (Mississauga), Maurning Mayzes (Orangeville), **ISRAEL:** Rachel Tal (Doar Na Modiin), **UNITED STATES:** **Arizona:** Bobbi Sue Jojola (Surprise), Jill L Reyes (Tucson), **California:** Nancy S. Connelly (Duarte), Diana Kay (El Cajon), Jo Kilburn (Encinitas), Sherry Rumsey (Studio City), **Colorado:** Peggy Graybeal (Carbondale), JoAnn Calder (Foxfield), Anne LaSala (Ridgway), **Florida:** Laura L Stutzman (Sarasota), **Idaho:** Kim Strouse (Boise), **Illinois:** Natasha E. Gittings (Forest Park), Amanda Mehl (Rockford), **Indiana:** Stephanie Downing (Terre Haute), **Maryland:** Tamara Zuckerman (Baltimore), **Minnesota:** Jeanette M. Schwartz (Shoreview), **Missouri:** Vera Ann Ray (St Louis), **Montana:** Christina Harrell (Darby), **North Carolina:** Constance Alfano (Elon), Andrea Dalporto (Greensboro), Wenda Clinard (Lewisville), Carol Horrocks (Raleigh), **New Jersey:** Laura DePasquale (Chatham), Lisa Cirello (Florham Park), Lynn Christensen (Tenafly), **New York:** Heather Haywood (Canastota), Christine Goldman (Syracuse), **Ohio:** Kimberly S. Pohlman (Perrysburg), Kimberly Wright (Willowick), **Oklahoma:** Brenda Walters (Oklahoma City), **Oregon:** Stacey Eshelman-Lindsay (Salem), **Pennsylvania:** April V. Stambaugh (Halifax), Loretta Tretina (Philadelphia), **South Carolina:** Jami Morris (Newberry), **Tennessee:** Kira Rasmussen (Maryville), **Texas:** Vicki Friedberg (College Station), Wendy Blumberg (Plano), **Utah:** Michelle Omer (Woods Cross), **Virginia:** Angela G. Kinzie (Roanoke), **Wisconsin:** Maggie Graff (Fredonia)

*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 a DONA logo insulated lunch bag from the DONA Boutique while supplies last!

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



Offer Expires: May 31, 2009