

DONA[®] International Doula

International Regional Edition

October, 2008

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Join us in
Atlanta, GA
**DONA International
15th Annual Conference
August 6-9, 2009**

Be a part of it all!

Call for speaker proposals

Submit your proposal to speak at the conference no later than December 1, 2008. Find the Speaker Proposal information on the DONA International [web site](#).

Business opportunities

Exhibit at the conference, advertise your business or product or become a sponsor. View the Sponsor/Exhibitor/Advertiser Prospectus on the DONA International [web site](#).

Dear DONA International,

Our new International Development Director, Nicole Heidbreder, will be traveling to Midwifery Today's International Conference in Wilbad, Germany, on the 20th to the 24th of October. She will be speaking with doulas around the world about what is going on in their area and what needs they have that DONA International can help with. It is exciting to see what other countries are doing and to share ideas and experiences with each other. If you plan to attend, please look up Nicole.



We hear reports of things going on around the world and we would like to know what is happening in your country. Are the doulas all independent or are they organizing? Is there a need for a central organization or are doulas being accepted into maternity care just as they come?

If you would like to meet other doulas from North America and around the world, please plan now to join us at our annual conference in Atlanta next August 6-9, 2009. It would be a pleasure to have you join us; meet other doulas; share ideas, struggles and joys; and learn from our great speakers. Hope to see you there!

Warmly,

Debbie Young

Feature Story

The Oxytocin Effect

By Sheri Deveney, CD(DONA)
British Columbia SPAR

It was amazing to meet and speak to so many Western Canadian doulas at this year's DONA International conference in Vancouver. Seeing old and making new friends is only one of the bonuses of attending the annual conference. A few of us, part way through, rushed to the ladies room between sessions and as we were preening, one doula mentioned that she noticed she was strangely emotional and at first she thought it was just from fatigue, but it seemed much more than that. We all chimed in, having noticed the same thing. It was decided that an "oxytocin effect" must be the answer. The levels in some of those rooms must have been

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

Quick Links...

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

Volunteer Opportunities

DONA International needs you!

Are you ready to get involved with DONA International? Well, we are ready for you! There are numerous volunteer positions available that include Board of Directors, SPARs, Committee Chairs and Committee Members, including Publications and Conference. Take a look and see if one of these positions is perfect for you.

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

Quick Tip

By Brook Holmberg
Duluth, MN

I always carry Emergen-C instant vitamin drink in my birth bag. Women prefer the lemon and orange flavors, which aren't as sweet. The vitamin energy boost works well during transition and the effervescence provides relief for nausea. Mix as instructed in a small cup of cold water or sprinkle the powder on ice chips.

off the charts! It is what happens when doulas gather and share with and support one another. While exhausting, it is also invigorating, it helps us to feel "re-juiced" and connected and it could be happening in all our communities if we pay special attention to gathering and sharing. So, make it happen! We would all benefit from getting together and fostering the DONA culture in our communities.



Study suggests that PTSD may be more common than previously believed

Amid the debate over how to effectively manage maternal mental health disorders, a new type of postpartum illness is gaining attention: post-traumatic stress disorder due to a traumatic birth. [Read more.](#)

Discussion Board

Did you know that there is a doula discussion board on the DONA International web site? There is a separate section for DONA International members. There is also a section specifically for the International Region that you are a part of. Some of the topics discussed include questions and answers about certification, doula workshops, how to find clients, whether we work with a backup doula, what to take in our "doula bags," and much more. Be sure to utilize this great resource--and to contribute your own wisdom there. [Check it out!](#)

Do you have a news brief in your area that you would like to see in the eDoula? E-mail the information to Newsletters@DONA.org.



Educational Opportunities

Schedule a workshop

If you are interested in a basic birth or postpartum doula workshop or advanced doula workshop and none are scheduled in your area, consider hosting one. Some doula trainers are willing to travel. For a list of DONA approved doula trainers, visit the [Find a Doula Trainer](#) page on the web site.

Birth Doula Workshops

Devonshire, Bermuda

November 2008

Contact Barbara at 441-236-0336 or info@healthcoop.bm

Great Keppel Island, Australia

February 2009

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 Sunday Tortelli,
CD(DONA)
Strongsville, OH

While wearing a T-shirt I purchased at a DONA International conference that listed all the reasons to hire a birth doula printed on the back, I was standing in a long line to make a purchase at the mall, fidgeting and being impatient. I felt a tentative tap on my shoulder and turned to look at a sweet old man standing behind me who said, "Please stand still, I can't finish reading your shirt about why I should hire a doula!"

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! Your doula heart, positive attitude and wisdom make you an integral part of the birth 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

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Toowoomba, QLD

April 2009

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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 region members who joined from June 1 to August 31, 2008.

Australia: Rebecca Denny (Allora), Jacki Haywood (Blaxland), Maryanne Mitchell (Perseverance), Makayla McIntosh (Toowoomba), Carmo Morales (Warrimoo), **Austria:** Angelika Rodler (Altenmarkt # 37), Astrid Toefferl (Graz), **Belgium:** Esther Kokkelmans (Achel), **Cayman Islands:** Jody Danter (Grand Cayman), **Great Britain:** Tracy Hydeman (Levenshulme), **Ireland:** Emer Keane (Ennis Co), **APO-Europe:** Christina Coleman (APO)

*Please forgive us if we missed your name! [Let us know](#) and we will be sure to include it in the next Regional issue of *eDoula*.*

DONA Boutique

Save 10%

Save ten percent on your on-line, phone, fax or mail order of a set of two Reflex Balls from the DONA Boutique while supplies last!

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



Offer Expires: October 31, 2008