


toLabor

# BIRTH DOULA TRAINING & CERTIFICATION

Offered by **The Organization of Labor Assistants for Birth Options & Resources**

*\*Previously offered by ALACE The Association of Labor Assistants & Childbirth Educators*

## Full Three Day Workshop!



We have trained over 4,500  
labor assistants since 1983\*

By becoming a toLabor Certified Labor Assistant/Birth Doula, you can...

- ❖ Make a real difference in the lives of families you assist by helping to increase your clients' satisfaction with their births and by contributing to safer outcomes for mothers and babies.
- ❖ Deepen your understanding of pregnancy and birth and learn to assist competently in a variety of settings - hospital, home or birth center.
- ❖ Earn income - labor assistants/birth doulas in the U.S. and Canada typically receive \$300 - \$1000 for their services and are employed by families, physicians, midwives, or clinics to support women in labor and birth.

toLabor ✎ 2119 Esquire Rd ✎ Richmond, VA ✎ 23235

www.tolabor.com ✎ (804) 320-0607

# What is a Labor Assistant/ Birth Doula?

**A** Labor Assistant is an individual who offers one-on-one support to a woman throughout labor and birth.

A **toLabor** Certified Labor Assistant is a professional support provider who understands and trusts the process of birth, who respects its transcendent and sacred aspects, and who facilitates the birth experience for parents, baby, and primary care providers

Individuals take the **toLabor** Labor Assistant training for many reasons. as a step in becoming a midwife, or to complement their practice as childbirth educators, massage therapists, or postpartum doulas.

Many are called to this work simply because they recognize the importance of providing resources, options & support at such an all important time. They will provide support for women in hospital, home & birth center.

## What will *you* do as a Labor Assistant/Birth Doula

As a **toLabor** Labor Assistant/Birth Doula, you will be able to:

**Help** pregnant women and their families' formulate what is important to them during labor and birth, and work cooperatively within the birth team to support these goals.

**Help** women avoid medically unnecessary interventions and cesareans through education, knowledge of alternatives, and by facilitating a smooth, unimpeded labor.

**Facilitate** families in making informed choices about their care, ensuring they understand the benefits, risks and alternatives for all tests and procedures. As an advocate, help women find and use their own voice, becoming active participants in their birth and life.

**Provide** practical suggestions for working with contractions and pain to help mothers relax, including touch and massage, emotional support, variations in positions as well as, other support techniques.

**Support** and encourage unmedicated,, non-technical, woman-centered childbirth as the safest possible choice for mothers and babies today.

**Stay** when technology and/or medication are truly indicated; support the family in their choices, being present if changes or unexpected outcomes occur.

**Offer** valuable support in the postpartum period according to the families needs.

Pregnant women today often find themselves without female relatives readily available who can reliably teach them about *normal* birth. Knowledgeable labor assistants/birth doulas can help to provide pregnant women with information and evidence-based research so that they may give birth with confidence, strength, and joy. Laboring women who feel supported and are actively participating in their birth are much more likely to achieve satisfying outcomes than women without support.

**In every birth, there is room for more compassion and respect**

## Skills You Will Learn During The Weekend Workshop

In the course of this weekend workshop & certification program, you will learn to **Develop & define the scope of your practice & learn how to create professional protocols for the services you choose to offer.**

**Conduct prenatal & postpartum visits, take a comprehensive history, & maintain client confidentiality.**

**Provide highly effective labor support to your clients by utilizing techniques which can reduce the mother's discomfort, promote faster, safer births, & reduce the**

**need for medication & medically unnecessary interventions.**

**Create & preserve a safe birthing environment**

**understanding its importance to the psychological & physiological program of a healthy, normal birth.**

**Support the birthing family when pregnancy or birth doesn't go as planned.**

**Communicate effectively & professionally with mothers, partners, families & medical professionals, establishing trust & mutual empowerment among the birthing team.**

**Market & promote yourself as a professional Labor Assistant/Birth Doula in your community.**

**Helping women to become active participants in their birth & their life**

## Certification Requirements

**Attendance at the 3 day training workshop**

**Completion of required reading list**

**Audit/observe a series of childbirth education classes**

**Written self-evaluations of 6 births you have attended**

**Written evaluations from 3 people you have provided labor support for or worked with**

**Successful completion of the written exam**

**Most applicants will be able to complete all requirements for certification within 12 months of taking the workshop.**

**However, there is not time limit for completing your certification requirements\***

**\* If it has been 5 years since attendance at a workshop and certification is not complete, you must attend another toLabor workshop**



## What You Will Receive

Complete tuition of \$425 (payment plans are available; see registration form) includes everything you will need to become certified except for the books. The tuition represents an investment whose complete return you'll be able to realize after attending your first few paid births. In addition to attendance at the weekend training seminar, your tuition includes:

- ❖ **toLabor Program Manual** with over 100 pages of worksheets, resources, sample forms & certification paperwork
- ❖ **Certification**  
You may opt to earn certification through completing the requirements
- ❖ **Referrals**  
After taking the workshop, you are listed on our website and receive online referrals
- ❖ **Membership** – The training activates your membership
- ❖ **Personal Attention, Networking & Support** from our Director of Labor Assistant Training, Regional Directors & the main office.
- ❖ **And as a Special Bonus**  
Enroll for the workshop more than 60 days in advance, receive a discount of \$60; 30 days in advance, receive a discount of \$30

Past graduates of our training who are current members, may attend a workshop again for only \$200!

## Discount for Birth Doulas with Prior Training

If you have previously attended Birth Doula training workshop, you may take \$75 off your tuition. Workshop must have been taught by a nationally recognized organization; DONA, CAPPA, Lamaze, etc

# Lincoln workshop location to be announced...

## Workshop Schedule

The **toLabor** workshop has been designed to encompass a variety of learning styles, and includes a strong emphasis on experiential learning. The experiential exercises provide participants with hands-on practice using labor support techniques, and with an *introduction* to skills such as palpation of fetal position, during pregnancy, and *introduction* to basic pelvic examination. Follows is a summary of the workshop outline.

### Day One ~ Friday 1:00 – 9:30

- Registration and Introductions
- Defining Our Role
- Understanding the Dance of Labor: The 4 P's
- Gate Control: Three Ways to Reduce Pain in Labor
- Tools of the Trade: Comfort Measures Using the 5 Senses

### Day Two ~ Saturday 9:00 – 6:30

- Normal Labor & Birth
- Interventions: "Tubes Are Us"
- Experiential Learning: Palpation & Heart Tones
- Measurements of Well-Being
- Breathing, Relaxation & Positions in Labor

### Day Three ~ Sunday 9:00 – 6:30

- Cesarean Sections & VBACs
- Experiential Learning: Pelvic Exams
- Ethical Guidelines for Labor Support Providers
- Designing Your Practice: Services, Compensation, Marketing, Contracts
- Labor Support Role Discussions
- Closing Circle

toLabor\*

# Registration Form

**YES, I want to train as a Labor Assistant with toLabor. Please enroll me in the workshop to be held in Lincoln Nebraska July 30 – Aug 1, 2010**

**Payment enclosed:**

- \$425 tuition in full
- \$365 tuition in full: **Super Early Bird Discount \$60 off exp 5/30/10**
- \$395 tuition in full: **Early Bird Discount \$30 off exp 6/30/10**
- \$200 deposit ( w/remaining balance due at workshop)

Payment plans are available; please call toLabor 804-320-0607 email [tolabor@gmail.com](mailto:tolabor@gmail.com) for details

**Discounts: Discounts Not To Exceed \$125**

Take \$75 off \$425 tuition if you have attended a non-toLabor Labor Assistant/Birth Doula training workshop.

**I would like to repeat the workshop.** I attended a toLabor or an ALACE Labor Assistant Workshop (city/state) \_\_\_\_\_ on (mo /yr.) \_\_\_\_\_

**Payment enclosed:**

\$200 to repeat workshop. (Membership must be current. If you think your membership has expired, please call the toLabor's office regarding reinstatement fees.)

**Please take a moment to answer the following questions.**

*Add a separate page if necessary. Your answers help us provide you with personal attention at the workshop and as you complete your certification requirements.*

Please circle any of the following which describe your current work with birth: Childbirth Educator Labor Assistant/Doula Midwife/Apprentice Breastfeeding/Postpartum Care Nurse Massage Therapist, Not yet working with birth, or Other: \_\_\_\_\_

Please list any formal training you have had in the birthing field.

Do you have any other background or experience with birth?

What are your career plans in the birth field?

How did you hear about the toLabor training program?

Name \_\_\_\_\_

Phone (h) ( ) \_\_\_\_\_

Name as you would like to appear on your nametag \_\_\_\_\_

Address \_\_\_\_\_

Phone (c) ( ) \_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

E-mail address \_\_\_\_\_

Date of birth (optional) \_\_\_\_\_

Payment method:

Check or money order **payable:** toLabor in U.S. funds

Credit Card payments: **(Register and pay right away online)** Paypal invoice will be sent to your email.

**Return this sheet with payment to toLabor  
2119 Esquire Rd Richmond VA 23235  
To pay by credit card email  
[tolabor@gmail.com](mailto:tolabor@gmail.com)**

Enrollment is limited, so send your application today to assure your place. Refunds (less a \$40 fee) will be given if cancellation is received at least one month prior to the workshop; with less than 30 days cancellation notice, fee will be applied to any future toLabor workshop; with less than 48 hours notice, no refund will be given and the fee cannot be applied to a future workshop. All prices quoted are in U.S. funds and are subject to change.

**\* Previously offered by  
ALACE the Association of Labor Assistants &  
Childbirth Educators  
Same Excellent Program New Name**

# Join This Rapidly Growing Profession Of Birth Advocates

**RECENT STUDIES** show that the support of a Labor Assistant throughout a woman's labor results in:

- ❖ Shorter labors
- ❖ Reduced need for pain medications
- ❖ Fewer episiotomies
- ❖ Fewer cesarean sections
- ❖ Improved neonatal outcomes
- ❖ Better mother-infant interaction
- ❖ Greater maternal satisfaction
- ❖ Greater partner/family satisfaction

**[www.tolabor.com](http://www.tolabor.com)**  
**804-320-0607**  
**[tolabor@gmail.com](mailto:tolabor@gmail.com)**

An informed decision *cannot* be made if all the information has not been provided

toLabor  
The Organization of Labor Assistants for  
Birth Options & Resources  
2119 Esquire Rd  
Richmond VA 23235



Drawing by Gwenhyfar Fowler