



Welcome and Introduction

Welcome to BirthWorks International and congratulations on your decision to become a certified postpartum doula. Whether you are beginning a new career path or furthering your skills, our comprehensive program is sure to equip you with the knowledge to provide loving care and support to families as they welcome their new children.

We have designed a comprehensive training program for you that we believe will help you to be a very special postpartum doula. Our self-study Postpartum Doula Program has been designed to be flexible so you have access to a high quality, comprehensive training program without the need for travel. This allows for adequate training while attending to your family and job commitments. While this is a self-study program, BirthWorks knows it is important to have support and guidance as you navigate this new career option. You will be assigned to a mentor who will review your reports, answer your questions, provide you with guidance, and who will be your point of contact. You are certainly welcome to reach out to the BirthWorks office with any questions or concerns, but we encourage you

to build a relationship with your reviewer.

Postpartum doulas are needed today more than ever before because the nuclear family is not as intact as it used to be. Mothers coming home with their new baby or babies may feel lonely as their partners may be on work trips and extended family may live too far away. She may have other children to care for as well, or she may be a single parent. At a time when she needs rest and relaxation the most, she may feel worried, anxious, and find herself not getting enough sleep. In short she may feel overwhelmed. The postpartum doula eases her transition from the time of birth through the early weeks of parenting when it is especially important for a woman to recover from her birth. She becomes an integral part of the family and provides the support they need at this special time in their lives.

The practice of human values lays the foundation for our Postpartum Doula Program and you will find their practice raises the consciousness to higher levels, thus both empowering and transforming anyone throughout their lives. Always remember that it is only when you speak from your heart that the energy of love can flow. This can make all the difference for a family adjusting to having a new baby or babies in their home. Speaking from your heart is something that when put into practice in your own life, will automatically be there when you are serving families as a postpartum doula.

If you have any questions, feel free to call or write the BirthWorks International office at 609-953-9380 or write to info@birthworks.org

We feel confident that you will enjoy your training, and upon certification will feel ready to serve birthing families in this important time of their lives. Remember that it is very important to keep on track by submitting your work on a steady basis through our learning management system (LMS).

Sincerely,
BirthWorks International
Board of Directors