



## Postpartum Doula Re-Certification Checklist

### Two-Year Recertification Requirements

As professional doulas it is important that we stay up to date on mother support and infant care recommendations. Re-certifying is a way to ensure you are up to date and equipped to provide your clients with optimal support.

Your certification expires: \_\_\_\_\_. Payment and paperwork must be received by this date.

Name \_\_\_\_\_ Email \_\_\_\_\_ Tel \_\_\_\_\_

Address: \_\_\_\_\_

#### **Postpartum Care Experiences**

1. Write a summary of one postpartum doula experience that was inspiring for you. Include: (1-2 pages typed)
  - a. What impact has this experience had on you as a postpartum doula.
  - b. Any special or unusual situations you have encountered
  - c. What you have learned about birth in the last two years.
  - d. Any current trends you are noticing in childbirth
  
2. If you have not provided any postpartum doula care in the last two years, please include a letter explaining the circumstances. Instead, read one new book on childbirth and submit a one page book report.

#### **Read One Book From The Required Reading List**

Choose one book from the required reading list that you haven't read before, and submit a book form. If you have already completed the reading list please choose a book related to pregnancy, infant care or mother care and submit the title for approval.

#### **Continuing Education**

Submit proof of at least 10 hours of continuing education related to pregnancy, birth, and the postpartum period. If you have completed a birth work related certification through a nationally recognized organization you may submit proof of that instead of proof of hours. These hours or certifications must be completed after the date you received your postpartum certification.

#### **Provide Proof of Infant CPR/First Aid Certification**

Postpartum doulas are not medical professionals but it is important to be a skilled in home support person. You do not need the healthcare certification; a regular CPR certification like a childcare professional would obtain is sufficient. Must be American Heart Association or Red Cross approved.

**Postpartum Support Evaluations**

Submit two postpartum support evaluations for families you provided at least eight hours of support for while their infant was under twelve weeks of age.

**Remain In Good Standing**

You must be in good standing with the BirthWorks organization, be up to date with membership fees, and comply with the S.U.P.P.O.R.T. scope of practice.

**Submit your Recertification Fee of \$95 payable to BirthWorks International online or by mail to PO Box 2045, Medford, NJ 08055 or Recertification is biannual.**

**Answer Questionnaire**

### Questionnaire

These questions are for Research purposes only. It is not the intent of Birth Works to obtain Statistics to measure the “success” of a postpartum doula practice or measure the efficiency of individual postpartum doulas. In order to continue to fund BirthWorks, we will be applying for grants and participating in research studies and the statistics gathered here will assist us in doing so.

**Number of Postpartum Doula Clients served in the last two years: \_\_\_ Adults \_\_\_ Teens \_\_\_ Total**

Total Number of:

\_\_\_\_\_ Hospital births      \_\_\_\_\_ Home births      \_\_\_\_\_ Birth Center births  
\_\_\_\_\_ Vaginal Births      \_\_\_\_\_ Cesareans      \_\_\_\_\_ VBAC's

Births: 31-37 weeks \_\_\_\_\_ 25-30 weeks \_\_\_\_\_ Gestation \_\_\_\_\_

Folic acid before pregnancy \_\_\_\_\_ Yes \_\_\_\_\_ No

Took Childbirth Education Classes: \_\_\_\_\_ Yes \_\_\_\_\_ No

Current fee charged for Postpartum Doula Services and what that fee includes:

\_\_\_\_\_  
\_\_\_\_\_

Did client receive insurance reimbursement? \_\_\_\_\_ Yes \_\_\_\_\_ No

**Your recertification is important. Please return by the above date.**

**Thank you for the loving service that you are providing to new mothers and their families in your community.**

*BirthWorks International*

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