



Program Instructions

Online, Self-Study Program

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 so you can attend to your family and job commitments. It does not require attendance at a workshop, however by attending a BirthWorks Postpartum Doula Workshop, you have the advantage of personal training and the waiving of some requirements covered in the workshop. The program is designed to allow you to learn in the comfort of your own home while developing the skills and confidence to support families after birth. The efficient layout, built in resources, and your mentor support make it possible to complete our certification program in 12 months or less. .

All components of our program are online. While this is a self-study program, we know it is important to have support and guidance as you navigate your new career option. You will be assigned to a mentor who will answer your questions, provide you with guidance, and 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 mentor.

Step-by-step list for navigating the BirthWorks Postpartum Doula Program

1. Once you enroll in the postpartum doula certification program you will receive log-in information for the course.
2. You will be assigned to a mentor who will reach out to you within five business days and provide you with her contact information. She will send feedback on your assignments.
3. Instructions for assignments, training information, and video clips and links can all be found on the training program website.
4. At the end of many steps and related step topics, you will find the Application & Understanding questions. Submit your responses to your Mentor. Please note the following:
 - The purpose of these questions is to demonstrate your understanding of the topics. Submit your assignments on our LMS (Learning Management System) or upload where indicated.
 - The Application & Understanding questions are listed under the text in the links but also on the front webpage for your convenience. These are each the same questions.
 - We want to encourage you to use the internet to research more information about the topics. Therefore, some questions have been included that are not discussed in the module presented.
 - Please keep answers concise and to-the-point.
5. Links to online resources are also provided in a number of files. You are expected to read them to help with your Application & Understanding section scenarios and questions.
6. In the outline, there are hyperlinks. Some subtopics are hyperlinks but others act only as index

information. Be sure to review the outline thoroughly so no hyperlinks are missed.

7. Instructions for assignments, training information, video clips and links can all be found on the training program website. When you log into the training website you will find an outline that details each step in your training.
8. Postpartum doula care evaluations must be from care provided **after** you enrolled in our program.
9. Once you have submitted all of your assignments and they have been approved, you will receive your certification within four weeks or less. This certification is valid for two years after which recertification fees and paperwork are due on a biannual basis.
10. By following our scope of practice, philosophy, the practice of human values, and our comprehensive training, you will be able to provide a high standard of postpartum care in your community.

