

free postpartum doula training

free postpartum doula training offers an invaluable opportunity for individuals interested in supporting new mothers and their families during the critical postpartum period without incurring the cost of traditional courses. This comprehensive training equips aspiring doulas with essential skills and knowledge to provide emotional, physical, and informational support after childbirth. With an increasing demand for postpartum care, free postpartum doula training programs enable more people to enter this rewarding profession. These programs often cover topics such as newborn care, maternal health, breastfeeding support, and emotional well-being. This article explores various aspects of free postpartum doula training, including available resources, course content, certification processes, and the benefits of becoming a postpartum doula. Additionally, it highlights how to access these free training options and what to expect throughout the learning journey.

- Understanding Postpartum Doula Training
- Benefits of Free Postpartum Doula Training
- Where to Find Free Postpartum Doula Training Programs
- Core Curriculum and Skills Covered
- Certification and Professional Development
- Career Opportunities and Impact

Understanding Postpartum Doula Training

Postpartum doula training prepares individuals to support mothers and families during the weeks and months following childbirth. This specialized training focuses on the unique needs of new parents, addressing both physical recovery and emotional adjustment. Training programs, including free postpartum doula training, typically provide foundational knowledge about postpartum care, newborn care, breastfeeding assistance, and mental health considerations. Aspiring doulas learn how to offer non-medical support that complements professional healthcare services. Understanding the scope and objectives of postpartum doula training is essential for those interested in fostering positive postpartum experiences for families.

What Is a Postpartum Doula?

A postpartum doula is a trained professional who provides continuous support to families after birth. Unlike medical staff, doulas focus on non-clinical care such as emotional encouragement, practical assistance with newborn care, and helping families navigate the postpartum transition. This role is crucial for enhancing maternal well-being, promoting infant health, and reducing postpartum stress and anxiety.

Importance of Specialized Training

Specialized postpartum doula training ensures doulas are equipped with appropriate knowledge and skills. Training covers essential areas such as breastfeeding techniques, newborn behavior, maternal physical recovery, and identifying signs of postpartum depression. Free postpartum doula training programs are designed to provide these competencies at no cost, making the profession accessible to a broader audience.

Benefits of Free Postpartum Doula Training

Free postpartum doula training offers several advantages for individuals seeking to enter the field without financial barriers. These programs allow learners to acquire vital skills and knowledge without the burden of tuition fees, making the profession more inclusive. Additionally, free training often provides flexible learning options, including online modules and community workshops, accommodating different schedules and learning preferences. By accessing free resources, trainees can build a strong foundation for their doula practice and improve their chances of certification and employment.

Cost Savings and Accessibility

The most obvious benefit of free postpartum doula training is the elimination of financial costs. Many traditional doula training programs can be expensive, limiting access for some individuals. Free programs democratize education in this field, enabling passionate caregivers to pursue their goals regardless of economic background.

Flexibility and Convenience

Free postpartum doula training often includes online courses or hybrid formats, allowing learners to study at their own pace. This flexibility is ideal for those balancing family, work, or other commitments. Accessible training options ensure wider participation and help maintain a steady pipeline of qualified postpartum doulas.

Community and Networking Opportunities

Many free training programs encourage community involvement and provide opportunities for networking with experienced doulas and healthcare professionals. These connections can lead to mentorship, job opportunities, and ongoing professional development.

Where to Find Free Postpartum Doula Training Programs

Locating reputable free postpartum doula training requires awareness of various organizations and platforms offering these resources. Several nonprofit organizations, community health centers, and online educational platforms provide free or low-cost training tailored to postpartum support. Identifying accredited or recognized programs ensures quality education and better career prospects.

Nonprofit Organizations and Community Programs

Nonprofits dedicated to maternal and child health often offer free postpartum doula training as part of their outreach and education initiatives. These programs may be available locally or nationally and sometimes include hands-on experience through community volunteering.

Online Learning Platforms

Various online platforms provide free courses, webinars, and training modules related to postpartum care and doula skills. These resources are valuable for foundational knowledge and can be supplemented with practical experience to meet certification requirements.

Healthcare Institutions and Hospitals

Some hospitals and maternity centers collaborate with doula organizations to offer free training sessions or workshops. These partnerships aim to improve postpartum care quality by expanding the pool of trained doulas available to assist new mothers.

Core Curriculum and Skills Covered

Training programs, including free postpartum doula training, focus on a comprehensive curriculum designed to prepare doulas for the multifaceted demands of postpartum care. The curriculum typically blends theoretical knowledge with practical skills to ensure doulas can confidently support families during the postpartum period.

Newborn Care and Infant Feeding

Essential topics include newborn care basics such as diapering, soothing techniques, and recognizing infant cues. Breastfeeding support is a significant component, covering latch techniques, common challenges, and guidance to encourage successful feeding.

Maternal Physical and Emotional Support

Postpartum doulas learn about maternal recovery processes, including managing pain, facilitating rest, and promoting healthy nutrition. Emotional support training addresses postpartum mood disorders, stress management, and strategies to encourage maternal self-care.

Communication and Advocacy Skills

Effective communication is critical for doulas to build trust and advocate for the needs of mothers and families. Training includes active listening, cultural sensitivity, and conflict resolution to provide compassionate and personalized support.

Practical Household Assistance

Doulas often assist with light household tasks to ease the family's workload. Training covers organizing schedules, meal preparation, and managing visitors to create a supportive environment for recovery.

Certification and Professional Development

While free postpartum doula training programs provide essential knowledge and skills, many organizations recommend or require certification for professional practice. Certification validates a doula's expertise and commitment to ethical standards. It also enhances credibility with clients and healthcare providers.

Certification Requirements

Certification typically involves completing a recognized training program, gaining supervised hands-on experience, and passing assessments or exams. Some free training programs serve as preparatory steps toward full certification, which may require additional paid components or mentoring.

Continuing Education and Specializations

Postpartum doulas are encouraged to engage in ongoing education to stay current with best practices and expand their expertise. Specializations such as lactation consulting, bereavement support, or infant sleep coaching can further enhance a doula's skill set and marketability.

Professional Organizations and Memberships

Joining professional doula organizations offers access to resources, networking, advocacy efforts, and discounted training opportunities. Membership in these groups supports career growth and helps maintain high standards within the profession.

Career Opportunities and Impact

Completing free postpartum doula training can open diverse career paths in the maternal and infant care sectors. Postpartum doulas play a vital role in improving health outcomes by providing continuous, personalized support during the vulnerable postpartum period. This work positively impacts families, communities, and healthcare systems.

Employment Settings

Postpartum doulas may work independently, with doula agencies, or in collaboration with healthcare providers. Common work settings include home visits, birthing centers, hospitals, and community health programs. Freelance doulas have flexibility in scheduling and client selection.

Positive Outcomes for Families

Doulas contribute to reducing postpartum depression rates, improving breastfeeding success, and enhancing maternal confidence. Their presence helps families navigate the challenges of early parenthood with greater ease and resilience.

Expanding the Doula Profession

As awareness of postpartum support grows, the demand for trained doulas continues to rise. Free postpartum doula training programs help meet this demand by preparing competent caregivers who can deliver high-quality support to diverse populations.

- Gain foundational knowledge in postpartum and newborn care
- Develop practical skills for emotional and physical support
- Access training without financial constraints
- Prepare for certification and professional practice
- Contribute to improved maternal and infant health outcomes

Frequently Asked Questions

What is free postpartum doula training?

Free postpartum doula training refers to educational programs offered at no cost that teach individuals how to support new mothers and families after childbirth, focusing on physical, emotional, and practical assistance.

Where can I find free postpartum doula training programs?

Free postpartum doula training can be found through nonprofit organizations, community health centers, online platforms, and sometimes through hospital outreach programs or doula associations offering scholarships or free introductory courses.

Are free postpartum doula training courses comprehensive enough for certification?

Many free courses provide foundational knowledge but may not be sufficient for full certification. For certification, additional paid training or supervised practice might be required depending on the certifying body.

Can I become a certified postpartum doula after completing free training?

Free training can be a great starting point, but becoming a certified postpartum doula typically requires completing an accredited program, accumulating hands-on experience, and passing certification exams, which may involve additional costs.

What topics are covered in free postpartum doula training?

Topics often include newborn care, maternal physical recovery, emotional support, breastfeeding assistance, family dynamics, and practical household help during the postpartum period.

Are there online options for free postpartum doula training?

Yes, several organizations and platforms offer free or low-cost online postpartum doula training modules, webinars, and resources that can be accessed remotely.

Who benefits most from free postpartum doula training?

Individuals interested in supporting families after birth, community health workers, aspiring doulas on a budget, and those seeking foundational knowledge before pursuing certification benefit most from free training.

How can I verify the quality of a free postpartum doula training program?

Check for reviews, instructor credentials, affiliation with recognized doula organizations, and whether the program offers comprehensive curriculum and support. Networking with certified doulas can also provide insights.

Additional Resources

1. *Essential Guide to Free Postpartum Doula Training*

This comprehensive guide offers aspiring doulas a free and accessible path to understanding postpartum care. It covers key topics such as newborn care, maternal health, and emotional support techniques. The book also includes practical exercises and case studies to enhance learning.

2. *Postpartum Doula Basics: A Free Training Manual*

Designed for beginners, this manual provides foundational knowledge on the role and responsibilities of a postpartum doula. Readers will learn about breastfeeding support, infant sleep patterns, and mother-infant bonding. The book emphasizes hands-on skills and compassionate caregiving.

3. *Compassionate Care: Free Postpartum Doula Training Resources*

A curated collection of free resources, this book guides readers through the essentials of postpartum doula training without financial barriers. It includes links to online courses, volunteer opportunities, and community support groups. The focus is on building confidence and competence in postpartum support.

4. *Holistic Postpartum Doula Training: Free and Accessible*

This title explores holistic approaches to postpartum care, integrating physical, emotional, and spiritual

support techniques. It provides free training modules on nutrition, relaxation methods, and cultural sensitivity. The book encourages doulas to create personalized care plans for each family.

5. DIY Postpartum Doula Training: A Free Step-by-Step Guide

Empowering readers to train independently, this guide outlines step-by-step instructions to become a skilled postpartum doula. It covers essential topics like newborn feeding, maternal wellness, and community resources. The book also offers tips for building a successful doula practice.

6. Free Online Postpartum Doula Training: Where to Start

This resource helps readers navigate the best free online courses and webinars available for postpartum doula training. It evaluates different platforms, course content, and certification options. The book serves as a roadmap for those seeking flexible and affordable education.

7. The Postpartum Doula's Handbook: Free Training Edition

A practical handbook that compiles essential knowledge, tools, and techniques needed for postpartum doula work. It includes chapters on emotional support, newborn care, and family dynamics. The free training edition offers downloadable worksheets and checklists for effective practice.

8. Building Skills in Postpartum Doula Care: Free Training Insights

Focused on skill development, this book highlights key competencies such as communication, crisis management, and cultural competence. It shares insights from experienced doulas and includes free training exercises to practice these skills. Readers gain confidence in handling diverse postpartum scenarios.

9. Community-Based Free Postpartum Doula Training Programs

This book explores various community-driven postpartum doula training initiatives that are available at no cost. It discusses how to get involved, the benefits of peer support, and opportunities for hands-on experience. The focus is on fostering community connections and sustainable postpartum care networks.

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free postpartum doula training: Slow and Steady Parenting Catherine Sanderson, 2007-01-09
This groundbreaking work shows parents that following the quick fix solutions in other books may not be the way to raise well-adjusted kids. Dr. Catherine A. Sanderson explains that the road to successful parenting is slow and steady. Filled with important lessons and helpful advice in everyday situations, this book demonstrates how to: -Decrease parent-child struggles -Enhance a child's psychological and physical well-being Centered on the principle that slow and steady wins the race, this is the perfect manual for raising children in today's world of immediate gratification.

free postpartum doula training: Doulas in Italy Pamela Pasian, 2022-05-10 This book documents the emergence of doulas as care professionals in Italy, considers their training, practices, and representation, and analyses their role in national and international context. Doulas offer emotional, informational and practical support to women and their families during pregnancy, childbirth and the postpartum period. Pamela Pasian explores the development of this 'new' profession and how doulas are defining their space in the Italian maternity care system. Whilst doulas are gaining recognition they are also facing opposition. The book reflects on the conflicts and collaborations between doulas and midwives, as well as relations between different doula associations. Interweaving ethnography and autoethnography, it will be of interest to anthropologists, sociologists and those working in health and maternity care.

free postpartum doula training: How'd You Score that Gig? Alexandra Levit, 2008 A dynamic job handbook features practical information and descriptions of dozens of cool job opportunities--based on an online survey of twenty- and thirty-somethings--along with a quiz designed to help determine which of seven profiles best fits each individual and what jobs are most appropriate to each profile.

free postpartum doula training: The Postpartum Survival Guide Prince Penman, Navigate the raw, unfiltered reality of new parenthood with The Postpartum Survival Guide. This isn't your typical parenting book—it's a lifeline for new moms and dads drowning in exhaustion, doubt, or the weight of postpartum depression. Prince Penman delivers raw empathy and practical tools to help you heal, reclaim hope, and thrive through the chaos of postpartum recovery. Feel like you're failing because you're not "loving every moment"? You're not alone. One in seven mothers and one in ten fathers face postpartum anxiety or depression, yet society's myths leave us silent. This guide rewrites the script, offering: Real Stories: From single parents to queer families and immigrant moms practicing traditions like Zuò Yuè Zi, diverse voices show you're not alone. Practical Tools: Discover therapies, medication insights, and how to build a support tribe for new mom support and parenting mental health. Self-Care Toolkit: Master physical recovery, emotional check-ins, and financial navigation with actionable steps. Relationship Hacks: Strengthen partnerships with communication strategies and crisis management. Inclusive Healing: A roadmap for lasting resilience, tailored to every parent's unique journey. This inclusive parenting guide doesn't demand perfection—it honors your strength. Dog-ear its pages, share it with your partner, or gift it to a friend struggling in silence. Whether you're battling postpartum anxiety or seeking self-care for parents, this book is your ally in the messy, radiant journey of new parenthood. Take the first step. Grab your copy and start healing today.

free postpartum doula training: Train at Home to Work at Home Michelle McGarry, 2003-07 Begin a Work-at-Home Career with the Training and Education You Need! Train at Home to Work at Home This unique guide provides comprehensive resources on more than 200 distance-learning programs that can teach you 27 of the most popular and profitable work-at-home careers. Distance-learning programs have exploded in the last few years---courses are now available online, via e-mail, via teleclass, through the mail, on audiotape, on videotape, and even on CD-ROM. You can learn: graphic design at UCLA professional writing at Washington State University life coaching at CoachU Web site design at Penn State financial planning at University of Alabama interior design at the Art Institute International medical transcription at the Health Professions Institute and many more. Plus, extensive resource lists (organizations, books, and Web sites) complete each section. Full contact information, tuition rates, and course descriptions make comparisons and contrasts a breeze.

free postpartum doula training: The Matriarch Rules Randy Patterson, 2019-09-04 Achieve success by becoming the change maker you were always meant to be. What is a matriarch? For one thing, you can tell she's in charge the second she walks into a room. She's bold, she's fierce, and she's got her own unique style. The matriarch isn't some crusty old lady dressed head-to-toe in black who sits at the head of the table barking demands at Sunday dinner. The modern matriarch is alive and vivacious. She's purposeful and deliberate about everything, from her career, to her home, to

her family, to what she eats for lunch. She is not second guessing herself but moving herself and those she loves boldly into the future. The matriarch's vision for her career is as big as her love for her family, and she's paid her worth for work she's passionate about. The matriarch knows exactly what she wants the end game to be and she has the power to make it come to fruition. Simply put: she has her act together and you feel safer and more secure when you're in her presence. So, the question is, how does one become her? This book answers that question and more. • Recast yourself • Own your wins • Define your legacy • Leverage your success Written by the CEO of a multimillion-dollar startup, *The Matriarch Rules* provides you with guidelines that empower you to find personal success and growth in being the compassionate, powerful, and forward-thinking woman you are.

free postpartum doula training: Mothers, Midwives and Reimagining Birthing in the South Bronx Jennifer Dohrn, 2023-11-08 Women came through the doors at a community-based birthing center in the South Bronx seeking prenatal care. They had heard about the center from a neighbor, a parents' group at their children's school, or the local mosque or church. What they found when they arrived was a brightly-colored waiting area that resembled a living room, children immersed in games in a corner, and staff that reflected the mosaic of cultures living in the surrounding apartments. They also met midwives who asked about their lives, their children, their families and traditions. If pregnancies developed complications, back-up obstetricians were there to give higher levels of care, with the women returning to the midwifery center afterwards. The results were healthy mothers and healthy babies. For over twenty years the center became a haven for women's health care and a national exemplar. It is a tragic and unjust paradox that the United States, the highest income country in the world and the country with the largest budget for perinatal care, has rising rates of maternal mortality that disproportionately affect women of color. Yet an inner-city maternity center with midwifery care found solutions to the challenge of making birth safe for low-income populations, especially women of color. This oral history presents the stories of twelve women who participated in this care. As they tell it, the experience changed their lives and their understanding of what safe, quality maternal care can achieve. Jennifer Dohrn examines the systems that perpetuate disparities in care, from global to local, and describes essential components needed for change, using oral histories as evidence for the way forward towards maternal health as a human right.

free postpartum doula training: The Doula Advantage Rachel Gurevich, 2012-11-21 Doulas and midwives are increasingly popular options for childbirth; this book answers questions for those considering the help of a doula or midwife at birth. Take Control of Your Childbirth Experience New moms are spreading the word to pregnant women just like you: Doulas make pregnancy and childbirth the celebratory experience it is meant to be! Doulas are professionally trained women who provide support before, during, and after delivery. Research has shown that doulas help women have positive birth experiences, decrease the need for pain medication, improve breastfeeding success, and reduce the need for cesarean sections and other invasive procedures. Author Rachel Gurevich interviewed more than 235 women and birth professionals to bring you this best-kept pregnancy secret. Inside, you'll find real mothers' stories and discover how doulas make a joyful difference in childbirth. You'll learn: ·The many ways doulas provide labor support, whether you plan a natural or medicated birth ·How to find, hire, and choose the right doula ·How specialized doulas can help you before or after the baby's birth ·How doulas help the dad-to-be ·And more! Foreword by Mayer Eisenstein, M.D., medical director, Homefirst Health Services Praise for *The Doula Advantage* : Doulas really do make a difference in having a safe and satisfying birth, as you will learn in this book. — William Sears, M.D., coauthor, *The Baby Book Comprehensive*, thought-provoking, and highly moving. . . . A must read for any woman thinking of using the services of a doula. — Ann Douglas, author, *The Mother of All Pregnancy Books* and *The Mother of All Baby Books*

free postpartum doula training: Tarot for Pregnancy Brittany Carmona-Holt, 2022-06-07 Tarot for Pregnancy is the perfect gift for every magical parent-to-be in your life—guiding them through the history, mystery, and ritual that is both tarot and pregnancy. *Tarot for Pregnancy: A*

Companion for Radical Magical Birthing Folks is for parents-to-be who want to tap into internal and ancestral wisdom on the journey to and through parenthood. Brittany Carmona-Holt is an intuitive Tarot reader as well as a full-spectrum doula, marrying her two passions to offer a rare understanding of the birth journey and an esoteric guide to the life-altering experience of giving life. Filled with incredible artwork by Kimberly Rodriguez (IG: Poetagodess), Tarot for Pregnancy is the perfect book for any soon-to-be (or already) parent—and a sure-to-be staple at every baby shower in the future! Written for both the amateur Tarot fan and the initiated birth activist, Tarot for Pregnancy offers a rare tour-de-force, opening up the Tarot as both a guide to the future and a handbook for the important activism that modern birthing requires. Carmona-Holt's book offers tactical guidance and rituals to guide the reader's birthing experience, empowering them to connect to their ancestral truths in order greet their baby on their own terms. Grounded by two critical essays, History [Mystery] of the Tarot by Sanyu Estelle Nagenda, "The Word Witch," and The History of Birth in the United States by Dr. Stephanie Mitchell, "Doctor Midwife," Tarot for Pregnancy guides readers to better understand the history, mystery, and ritual of both Tarot and pregnancy. Throughout the book, Carmona-Holt helps reader to better understand, experience, and advocate for their soon-to-be baby by utilizing the magic of the Tarot to guide and empower them. Filled with illustrated pearls of wisdom, Tarot for Pregnancy offers a trauma-informed, antiracist, and evidence-based spiritual resource for folks wanting to make intuition-led decisions about their care during pregnancy and birth. Tarot for Pregnancy aims to inspire and ignite those who wish to utilize their journeys to birth as a means of activism, personal empowerment, and magical parenting. Brittany Carmona-Holt (aka The Birth Witch) is a full spectrum doula and instructor, community midwife's assistant, Tarot reader, poet, reproductive justice advocate, partner to Alex, and parent to Kahlo Sol. She received her education and from Mama Glow and is still constantly continuing her education on all experiences along the reproductive continuum. Her purpose is to help reignite the cellular wisdom in pregnant, birthing, and postpartum folks so they may reconnect with their innate power. Kimberly Rodriguez is a first-generation Xicana Indigena artist and the eldest daughter of two undocumented parents who occupies so-called Oakland, CA, land to the Ohlone peoples. Kimberly's art, inclusive of different body types, is rooted in her culture and her decolonizing journey.

free postpartum doula training: Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition Leslie Stager, 2020-06-30
Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly skilled perinatal massage instructor who is also a registered nurse, childbirth educator, and doula.

free postpartum doula training: Blessed are the Women Claire K. McKeever-Burgett , 2024-02-27
Claire McKeever-Burgett combines her own personal journey with the stories of ten remarkable women from the New Testament: Elizabeth, Mary, Anna, Eve, Adama, Miriam, Susanna, Edith, Amira, and Mary Magdalene. Through a blend of storytelling, poetry, and prayer, Blessed are the Women invites readers to reimagine worship, embrace women's narratives, and foster healing within themselves and their communities. It provides liturgies for personal or communal use, discussion questions, and connections to organizations dedicated to women's empowerment and healing. With its pastoral and prophetic approach, Blessed are the Women presents a fresh perspective on faith and spirituality, inspiring readers to find resonance between their own stories and those of women who have shaped history. This empowering and transformative work ignites a call for a more inclusive and egalitarian faith that embraces the fullness of women's voices and experiences.

free postpartum doula training: Preconception: Improve Your Health and Enhance Fertility Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham, April Bolding, 2016-03-29
Pregnancy, Childbirth, and the Newborn is one of the bestselling and most comprehensive books about pregnancy, childbirth, and newborn care on the market. Now completely updated, expanded,

and redesigned, this authoritative book is the “bible” for expectant parents and childbirth educators. Here is a free sample chapter for you! In this chapter, Preconception: Improve Your Health and Enhance Fertility, you’ll learn about: • Emotional wellness • Health • Health care • Hazards • Enhancing fertility and the odds of conception • Concerns about infertility • Planning ahead: maternity care choices If you like this sample chapter, look for Pregnancy, Childbirth, and the Newborn. The Award-Winning Resource Recommended by Experts & Loved by Parents Parents love this book because it puts them in control by explaining a wide range of options, information, and questions to ask, so parents can find what works best for their health situation, personal goals, and priorities. Experts love this book because it’s based on the latest medical research and recommendations from leading health organizations. It’s practical—rooted in the real-life experiences of new families. The five authors bring a combined total of 150 years of experience working with expectant and new families as educators, nurses, counselors, doulas, physical therapists, and lactation consultants. They have attended hundreds of births, heard thousands of birth stories, and assisted innumerable new parents in adapting to their new lives. Not only that, the authors have a combined total of 12 children and 12 grandchildren. All of this experience allows them to write with compassion, understanding, and wisdom based on what really works in the real-world of parenting. The companion website offers even more details on select subjects, including lists of all the best resources on each topic and worksheets to guide parents’ decision-making process. The website also includes a bonus chapter on pre-conception, which provides ways to improve your health and fertility before pregnancy begins.

free postpartum doula training: *Sustainable Birth in Disruptive Times* Kim Gutschow, Robbie Davis-Floyd, Betty-Anne Daviss, 2021-03-22 This contributed volume explores flexible, adaptable, and sustainable solutions to the shockingly high costs of birth across the globe. It presents innovative and collaborative maternity care practices and policies that are intersectional, human rights-based, transdisciplinary, science-driven, and community-based. Each chapter describes participatory and midwifery-oriented care that helps improve maternal and newborn outcomes within minoritized populations. The featured case studies respond to resource constraints and inequities of access by transforming relations between providers and families or by creating more egalitarian relations among diverse providers such as midwives, obstetricians, and nurses that minimize inefficient hierarchies within maternity care. The authors build on a growing awareness that quality and respectful midwifery care has lower costs and improved outcomes for child bearers, newborns, and providers. Topics include: Sustainable collaborations including transfers of care among midwives and obstetricians in India, The Netherlands, Germany, United Kingdom, and Denmark Midwifery-oriented, femifocal, indigenous, and inclusive models of care that counter obstetric violence and gender stereotypes in Mexico, Chile, Guatemala, Argentina, and India Doula care and midwifery care for women of color, previously incarcerated women, indigenous women, and other minoritized groups in the global north and south Practices and metrics for improving quality of newborn and maternal care as well as maternal and newborn outcomes in disruptive times and disaster settings *Sustainable Birth in Disruptive Times* is an essential and timely resource for providers, policy makers, students, and activists with interests in maternity care, midwifery, medical anthropology, maternal health, newborn health, obstetrics, childbirth, medicine, and global health in disruptive times.

free postpartum doula training: Pregnancy and Birth Keisha L. Goode, Barbara Katz Rothman, 2021-06-18 *Pregnancy and Birth: A Reference Handbook* provides students with information too often ignored in sex education—on what pregnancy and birth are, have been, and can be as transformative personal and social events. *Pregnancy and Birth: A Reference Handbook* is a person-centered reference book on pregnancy and childbirth in the United States. The medicalization of pregnancy and childbirth is a theme; however, primary emphasis is on the historical and contemporary significance of the Midwifery Model of Care and how that can improve outcomes for all. The volume opens with a background and history of the topic, followed by a chapter on related problems, controversies, and solutions. A Perspectives chapter contains essays

from a variety of individuals who are invested in the topic of pregnancy and birth. The remaining chapters provide students with additional information, such as profiles, data and documents, resources, a chronology, and a glossary. This book is accessible to high school and college-level researchers, as well as general-interest readers curious about the topic.

free postpartum doula training: The Labors of Resurrection Shatema Threadcraft, Associate Professor of Gender and Sexuality Studies Shatema Threadcraft, 2025-10-28 In this book, Shatema Threadcraft argues that spectacular death--experienced publicly and violently--has given rise to global political movements, but it has also had an important gendered effect. Though Black women face a crisis of premature death, their deaths most often occur in private when most large-scale Black political mobilization centers around spectacular deaths. Profiling the resurjective political work of Ida B. Wells and others, Threadcraft highlights how the centrality of spectacular death has functioned to marginalize Black women in the stories of Black peoplehood. In so doing, she looks at the challenge that contemporary feminist activists face in attempting to make violence against Black women visible.

free postpartum doula training: Pea in a Pod Linda Goldberg, 2020-09-04 *** OVER 1 MILLION COPIES SOLD *** Pregnancy and childbirth are not what they used to be. Back in the good ol' days, mothers-to-be visited their obstetricians once a month, did exactly what they were told, and gave birth while heavily sedated or anesthetized. Their partners paced nervously in the waiting room, barred from the inner sanctum of the labor and delivery rooms. Although some expectant parents still stand on the sidelines, more choose to be active players. If you want to be a participant rather than a spectator in the birth of your baby, *Pea in a Pod*, Third Edition is your playbook. Up-to-date and complete, *Pea in a Pod* is a "one-stop-shopping" guide that provides a wealth of pertinent, accurate information for expectant parents. With topics that begin with fertilization and continue through pregnancy, childbirth, and baby's first year, this comprehensive work could easily be called *Absolutely Everything You Need to Know About Pregnancy, Birth, Breastfeeding, and the Newborn*. After presenting a general overview of available birthing options and caregiver choices, the book offers a detailed description of conception and fetal development, along with the physical and emotional changes to expect during pregnancy. It provides important nutritional guidelines; exercise plans for the mother-to-be, new mother, and cesarean mother; information on prenatal tests and procedures; and a wealth of hints for the father-to-be, labor partner, and new father. Also included is a variety of effective relaxation techniques and breathing methods to help manage the work of labor. And since every labor is different and may not necessarily go "by the book," labor variations are discussed along with the most common interventions and medications. The final chapters focus on the basics of infant care, detailing such topics as breastfeeding, childhood immunizations, and infant massage. Clear, step-by-step instructions for handling emergencies such as choking are presented, as well as directions for performing infant CPR. The birth of a baby is one of the most significant events in a parent's lifetime. Whether this is your first birth or your first "prepared" birth, *Pea in a Pod* will help make the journey from pregnancy to parenthood both memorable and rewarding.

free postpartum doula training: Pre- and Perinatal Massage Therapy Carole Osborne, Michele Kolakowski, David Lobenstine, 2021-03-03 This is the third edition of a highly successful guide to using massage therapy through all stages of the birth process, from pregnancy, through labor and birth, and into the long postpartum period. It is primarily for massage therapists but is also intended for physical therapists, other manual therapists and bodyworkers, nurses and midwives, physicians and doulas - any professional who wants to integrate more therapeutic touch in their work. The text combines what anyone who works with pregnant people needs: an exhaustive distillation of current scientific knowledge, alongside hands-on recommendations, specific techniques and business success from almost a century of the authors' combined experience. The reader will gain a detailed understanding of what is happening to the body during pregnancy and beyond, how massage techniques can impact those changes, and very concrete, applicable strategies for how to work with maternity clients to make them feel better. Amidst this abundance of detail about what to do, the authors also explore the flipside - what therapists need to modify and avoid to

ensure that their work with pregnant and postpartum clients is safe; how to recognize high-risk factors or other complications; how best to adjust treatment; and how to work with medical healthcare providers throughout the process.

free postpartum doula training: Great Expectations: Baby's First Year Sandy Jones, Marcie Jones Brennan, Michael Crocetti, 2010-11-22 Expectant mothers snapped up *Great Expectations: Your All-in-One Resource for Pregnancy & Childbirth* (135,000 copies sold), and reviewers praised it for its warm, reassuring voice of expertise. This is the logical follow-up, an innovative baby book that will guide and reassure new moms and dads through every nuance of the first 12 months of life with baby. Of course, it maintains all the design elements that are the signature of the *Great Expectations* series and have proven so appealing: innovative graphics; clear-cut, contemporary styling; and sensitive drawings of babies as they develop month-by-month. The text, too, continues that same friendly, supportive, parent-to-parent tone of the earlier book—but now with dads playing an integral role. Inside, there's a plethora of information on the nuts and bolts of feeding, diaper changing, and immunizations, as well as cutting-edge research on baby intelligence and development, nutrition and medical care, and insights into the dynamics of the parenting process. Checklists, bulleted sidebars, and quick-reference tables speed up the process of finding needed information. Unique tables in the extensive medical reference section will present the gamut of symptoms, so parents will have help distinguishing between common baby ailments and more serious emergencies that may require immediate attention. Includes a foreword by Dr. Michael Crocetti, Assistant Professor and Director of Clinical Pediatrics, Johns Hopkins Bayview Medical Center, and also an extended resource guide and parent's dictionary.

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