



• SMART DOULAS • HAPPY FAMILIES •

## Modern Doula Education's Postpartum Doula Certification

Welcome Baby Care has been providing high quality in-home postpartum doula care since 2010. After thousands of hours working in homes of new moms and babies, we decided to gather the training used in leading certifying agencies and enhance it with a more comprehensive and hands-on version, creating Modern Doula Education (MDE). Unlike other programs, MDE provides everything you need to complete the certification in as little as four weeks. We do the leg-work so you don't have to. You have full access to trainers who guide you through the process and answer any questions you have along the way.

### Postpartum Doula Certification Overview

Our up-front, no hidden expense cost: \$499

Certification Requirements	
<p><b>Pre Workshop Study</b> Approximately 10hrs</p> <ul style="list-style-type: none"> <li>✓ Breastfeeding Education Modules</li> <li>✓ Postpartum Terminology Worksheet</li> <li>✓ Postpartum Demographics Worksheet</li> <li>✓ Premature Infant Article</li> <li>✓ Your Amazing Newborn</li> <li>✓ Newborn Care Video &amp; Test</li> </ul>	<p><b>2021 Workshops</b> Approximately 25hrs</p> <p>Winter: January 25-29 Spring: April 26-30 Summer: August 23-27 Fall: October 25-29</p> <p>Monday thru Friday 4:00p.m. - 9:00p.m. each evening Live via ZOOM</p> <p>Educators: Tory Kielas-Jensen (CPD, CLC, CPDT) Alexia Franco Pettersen (BA, CFPM, ICCE, ICBD, CPD, CLC)</p>
<p><b>Practical</b> Approximately 22 hrs</p>	<p><b>CPR</b> 2 ½ hrs</p>
<ul style="list-style-type: none"> <li>✓ 2 Shadow Shifts (3 hrs ea) with accompanying verification forms</li> <li>✓ 4 Pro Bono Shifts (4 hrs ea) with accompanying forms</li> </ul>	<ul style="list-style-type: none"> <li>✓ Adult/Infant/Child CPR training w/certificate (available for full-price students only)</li> </ul>

Modern Doula Education

a division of Welcome Baby Care

952.942.5676 | [moderndoulaeducation.com](http://moderndoulaeducation.com) | [info@moderndoulaeducation.com](mailto:info@moderndoulaeducation.com)



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## Postpartum Doula Certification Workshop Objectives

### 1. Objectives

- ✓ By the end of the workshop you will be able to meet the following objectives:
  - Describe and employ the principles of **client centered care** and various communication styles to meet the postpartum needs of the new mother and her family
  - Describe and understand the **physical characteristics of, and the cares needed by term newborn infants** including attachment, feeding, diapering, swaddling, bathing, soothing, sleep and temperament
  - Understand how to apply **basic home cares and infant care** in such a way as to meet the physical and emotional needs of the postpartum mother and her family
  - Understand the **physical, nutritional and emotional needs** of the postpartum mother
  - Describe and understand **postpartum mood disorders** and how to support mothers and their partners coping with these disorders
  - Understand **basic postpartum breast health** needs including recognizing symptoms of thrush, mastitis, plugged milk ducts and engorgement
  - Assist new mothers with **breastfeeding** their infants including: assisting with latch, positioning, understanding milk supply and breast anatomy, referring mothers to lactation specialists
  - Describe and understand the unique care needed by families with **multiples and premature infants**
  - Understand the **basic physiology and processes of childbirth** and its physical and emotional impact on postpartum recovery
  - Describe and apply the principles of postpartum **doula etiquette and ethics** and boundaries

### 2. Name and qualifications of the instructor

- ✓ Tory Kielas-Jensen BA, CPD, CLC, CPDT(MDE)
- ✓ Alexia Franco Pettersen, BA, CFPM, ICCE, ICBD, CPD, CLC

### 3. Number of contact hours

- ✓ Certification process: 30 contact hours
- ✓ Workshop alone: 25 contact hours

### 4. Date(s) of the activity

- ✓ Winter: January 25-29
- ✓ Spring: April 26-30
- ✓ Summer: August 23-27
- ✓ Fall: October 25-29
- ✓ Monday thru Friday
- ✓ 4:00p.m. - 9:00p.m. each evening
- ✓ CPR Certification scheduled individually

### 5. Title of the activity

- ✓ Modern Doula Education Postpartum Doula Certification

### 6. A statement of attendance or participation in the activity

- ✓ *This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements. However, the nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education.*

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