

Week One

The History of Birth and Birth Support

Learn when and why birth moved into the hospital and the many mistakes that were made which risked the lives of mothers and babies over the last one hundred years, and what is still practiced today

Week Two

Healing From our Past Experiences

Our own birth experiences have a profound impact on the way in which we support women in labor. Exploring our fears and healing from our past is essential before we can support others in the most unbiased and healthy ways possible.

Week Three

A Doula's Role in Pregnancy / Letting Go of Biases

“Not your birth, not your baby”. Learn how to let go of biases to best support your clients who make decisions that you wouldn’t make.

Explore your own fears when clients make risky choices that are difficult to support. Compassion and understanding are the key to wonderful relationships with your clients.

Week Four

The Partnership Paradigm of Birth

In this class we discuss helping women trust their babies during pregnancy as an act of living in partnership. Our culture lives in an authoritarian approach to birth with the attitude that a woman's body is a crisis waiting to happen. Here we learn how to encourage a partnership based paradigm from the beginning of life as it sets the stage of trust and partnership throughout parenthood.

Week Five

Assisted Birthing Options

Where to give birth - Home, Birth Centers and Hospitals. Learn about the various environments that women choose for their births and how to best support them in each.

Week Six

Interventions, Risks and Informed Consent

Educate yourself about the vicious cycle of interventions that take place in a typical hospital birth. Learn how to explain the risks of interventions so that your clients can make informed decisions.

Week Seven

Pain Management

Natural and Medical: How we talk about pain with our clients is important. From modern pain management to natural pain therapies, in this class we will discuss how to share about pain, strong sensations and the natural pain coping techniques available in homebirth, birth centers and hospital settings.

Week Eight

The Stages and Emotional Signposts of Labor

In this class we focus on the stages of labor and how to best support clients through each phase. Learn to communicate and honor your partners needs. Some mothers need physical support and some emotional. Some need physical touch and others need all three. Learn which phase of labor that your clients are in just by observing their emotions. Explore how you can best support the laboring mother during various phases.

Week Nine

Breastfeeding

More than just breastfeeding basics, you will learn about inducing lactation, breast anatomy, latches, ties, benefits of breastfeeding, assisting with breastfeeding issues, and alternative feeding methods.

Week Ten

Attachment Parenting

Learn about the necessity of the in-arms phase and how to promote attachment parenting practices such as babywearing, co-sleeping, child-led weaning. We will also discuss mood disorders, postpartum depression and how to best prepare and support clients through these challenges.

Week Eleven

Unassisted Birth Support

In this class we explore the growing trend of unassisted birth and why so many women are choosing this option. Educate yourself about the legalities and risks of taking part in unassisted childbirth and the steps

you need to take to be confident in this role of supporting this controversial decision.

Week Twelve

The Traveling Doula

Learn about the exciting life of being a traveling doula! Don't let distance be a factor with who you are able to support. Dayna will share how she gets paid to travel the world supporting women as a doula and how her children have been involved with birthwork by her side.

Week Thirteen

Supporting New Parents

Help parents learn what to expect and educate them about important parenting issues such as circumcision, vaccines, sleep training and the pressure from well-meaning friends and family to do things in a way that conflicts with the new parents instinct.

Week Fourteen

Importance of Self-Care In Birth Work and Secondary Trauma

Self-Care as a doula is so essential! Learn how to keep your cup full and overflowing in order to support your clients. We will also cover the intensity of experiencing secondary trauma and PTSD after witnessing a difficult or traumatic birth.

Week Fifteen

The Business of Birthwork

Learn the various services you can offer your clients and how to know what to charge. We go over what to charge, branding, interviews, prenatal appointments, having back-ups, marketing, self promotion, contracts and waivers. Dayna will help you let go of fears surrounding being an entrepreneur so you can become the fullest version of yourself while making an excellent living living your purpose!

Week Sixteen

Freeborn Childbirth Education Classes

In this class we will explore how to structure childbirth education classes based on Freeborn philosophy. You will learn how to promote classes to not just your clients, but to your community as a whole. We will discuss visual aids, videos, music, environment, role-playing and birth art to make your classes stand out as being special and unique.

Week Seventeen

Bereavement / Loss

The very difficult but important side of being a doula. This class covers various forms of losses and how to support a family through them. This

Includes miscarriage, ectopic pregnancy, stillbirth, and other tragic forms of infant loss.

Week Eighteen

Cultural Awareness / LGBTQ Support

It is crucial for birth workers to be familiar with and cultural boundaries surrounding fertility, pregnancy, birth and postpartum. You as a birth worker must be aware of the inequality issues surrounding birth and how best to support your community as a whole. In this class you will also learn about the differences in working with the LGBTQ+ community and what they may face as opposed to heterosexual couples when it comes to pregnancy, birth, stereotypes, parental rights and more.

Week Nineteen

Hosting a Blessingway and Support Circles

Blessingways are a Native American ceremony that honors the mother-to-be as she prepares for birth. It is an alternative to the traditional baby shower and something missing in our culture that you, as the doula, can provide your clients. We will also talk about offering parenting support circles in your area or virtually, to help parents have ongoing support and community.

Week Twenty

Congratulations! You're a DOULA!!

In this class you will share your personal mission statements and set the intentions for your doula practice. You will also share your Doula vision boards and share what you gained from the certification process in the journey to becoming a Freeborn Doula.