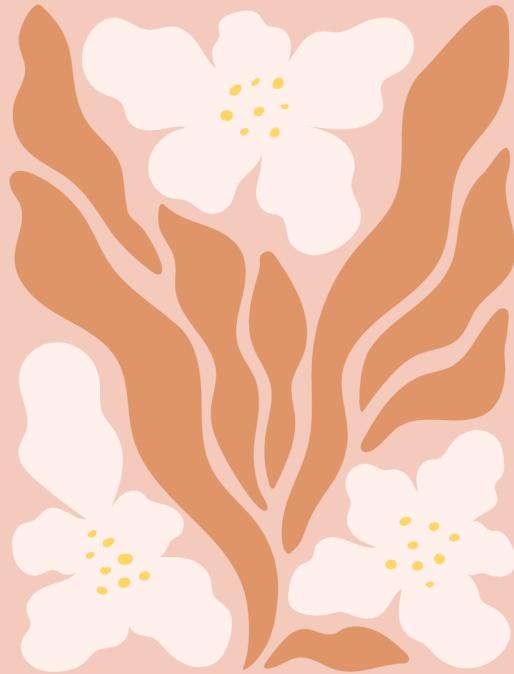


# Birth by Bloom Doula Training



## FORMAT

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**Pre-Work (online):** Videos, readings, journaling/reflections before arriving.

**In-Person (2 days):** Foundations, hands-on practice, role-play, discussion.

**Online Training ( 6 weeks):** Meet once a week for 2 hours plus complete weekly assignments

**Optional Certification process:** Assignments, mentorship, client work, evaluation.

## CURRICULUM

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### Foundations of Birth & Doula Work

- Welcome & Introductions
- The Doula Role: Heart & History
- Understanding Physiological Birth 101
- Early Labour Support
- Practical Doula Skills & Supporting All Births
- Pushing & Baby Born
- Cesarean Birth & Doula Role
- Online Classes 6 Weeks
- Navigating the Medical System
- Home Birth Support
- Medications & Interventions
- Postpartum Visit & Doula Boundaries
- Doula Business 101
- Sustainable Doula Life

## CERTIFICATION PATHWAY (OPTIONAL)

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### Requirements (to be completed after training):

- **Training Attendance:** Complete all in person and online pre-work.
- **Reading/Listening List:** 2-3 foundational books or articles (birth physiology, postpartum, advocacy).
- **Reflections:** Journaling prompts from workbook (turned in for review).
- Client Work: Attend 3 births + 1 postpartum family (with reflections + evaluations).
- **Evaluations:** Client feedback forms; Health provider/mentor observation (optional but valuable)
- **Final Assignment:** Short essay or video reflection: "My Philosophy of Doula Care."
- **Certification Review:** Submit materials for review; receive certificate and permission to use title "Bloom Certified Birth Doula (BCBD)".

## CONTACTS

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