

CAB Doula Training Weekend General Schedule

Day 1

9am Start

Logistics of the Weekend and Training

My Grandmother's Hands

What is a Doula and Birthworker

Who are you as a CAB Doula including Advocacy

First Roleplay Scenario

Birth Team

First Birth Video (5-7 birth video shown throughout the weekend)

LUNCH BREAK-Taco Bar Potluck 12-1 Option to watch hospital tour

Maternal Fetal Positioning Overview with Guest Speaker

Social Determinants of Good Health

Bias & Microaggressions

LGBTQIA Definitions and Bias

DINNER BREAK 4-4:30pm

Comfort Measures Part 1 BURPEE

Begin Doula Business (if time allows)

Day 2

Birthing Liberation

Doula Business

Interviewing & Hiring Process

Comfort Measures Part 2 Positioning

Begin Childbirth Education (if time allows)

Guest Speaker

LUNCH BREAK- Soup&Salad Potluck 12-1 Option to watch Birth Center Tour

Racism and Institutionalized Racism

Maternal Mortality and Morbidity

Brief History of Birth and Lactation in America related to Racism

DINNER BREAK 4-4:30pm

Childbirth Education Overview with reference to The Birth Partner

Day 3

Prenatal Visits

Decision Making

How to Support During Labor and Birth

Preparing Yourself for Birth

Comfort Measures Part 3

LUNCH BREAK 12-1 Option to watch The Three Rs

Medications, Interventions and Induction

Surgical Birth

Comfort Measure Part 4

Postpartum Visits

Lactation Overview

DINNER BREAK 4-4:30pm

When Pregnancy and Birth Becomes Complicated

Hot Button Topics

What Next for you as a Professional Birth Doula

Required Books:

My Grandmother's Hands

Birthing Liberation

The Birth Partner