

## **Week 1**

- The History of Birth Support and Delivery
- What is a Birth Doula?
- Doulas and the Support Team
- Historical Trauma and Discrimination in the Medical Field

## **Week 2**

- The Introduction to Childbirth Education
- Anatomy of Pregnancy
- Hormones and Their Function
- Physiologic Birth

## **Week 3**

- Prenatal Nutrition
- Stages of Labor
- Lamaze® Six Healthy Birth Practices
- Interventions

## **Week 4**

- Cesarean Birth
- The Golden Hour After Birth
- Postpartum
- Postpartum Disorders
- Postpartum Healthy Signs and Warning Signs
- Breast/Chest Feeding Information

## **Week 5**

- The Postpartum Doula
- Postpartum Recuperation
- Postpartum Recovery Timeline

## **Week 6**

- Doula Business 101
- Developing a Business Plan
- Essential Skills for a Doula Business
- Legal and Ethical Considerations

## **Week 7**

- Networking and Building connections
- Client Acquisition and Retention
- Putting It All Together (Review Q&A)

## **Week 8**

- Advocating for BIPOC and LGBTQ families in the doula profession
- Supporting Informed Decision Making
- Prioritizing Equity in Access to Care and Resources