



## **BIRTH DOULA CERTIFICATION REQUIREMENTS**

Thank you for choosing to certify with Integrated Birth and Family Alliance. After attending your training course, please complete the following within two years (from the date of your training):

1) Required Reading:

- ☐ [The Doula Guide to Birth](#) - Ananda Lowe and Rachel Zimmerman
- ☐ [Birth: A Surprising History of How We Are Born](#) - Tina Cassidy
- ☐ [Spontaneous Joyful Natural Birth](#) - Natasha Panzer
- ☐ [The Ultimate Breastfeeding Book of Answers](#) - Jack Newman, M.D.
- ☐ [This Isn't What I Was Expecting: Overcoming Postpartum Depression](#) - Karen Kleiman and Valerie Davis Raskin

For each reading, please complete a one page response stating what you learned from the book and how you plan to incorporate the information into your work as a birth doula.

- Recommended readings:

- ☐ [The Doula Business Guide](#) by Patty Brennan (This is a very helpful book to have on hand, but not a required reading.)

2) Attend 5 births as the primary doula. For each birth you must:

- ☐ Have the parent(s) fill out the doula reference form, including contact information.
- ☐ Attend at least one prenatal appointment with the client and their provider.
- ☐ For each birth you must attain one medical reference from either the nurse you had the most interaction with OR the attending primary provider (physician or midwife). At least one of your references needs to be from a primary provider.
- ☐ Attend at least one Cesarean Delivery or difficult labor.
  - A difficult labor may include a particularly long labor where the doula is with the client in person for 24+ hours, an unexpected outcome, moderate to serious medical complications or a very emotional birth. If you have questions about if the birth you have attending counts as "difficult" please contact us.)
- ☐ Write a one page birth story to include all main events of the labor and birth.
- ☐ Write a one page response to include what you learned, what you did well, what are the areas in which you need to improve.

3) Complete the following essay questions

- ☐ Why do you want to be a Birth Doula?
- ☐ Explain your role as "advocate" or "bridge builder".
- ☐ Complete the following statement (in essay form): "At a birth where the medical staff does not seem to be on board with me and/or my client I will..."
- ☐ How will you support a family who maintains a birth plan that goes against what your personal birth philosophy?

4) Create a list of community referral resources for postpartum mood disorders, lactation, chiropractic care, and one additional complementary therapy provider (like an herbalist, cranio-sacral therapist, speech therapist, etc).

**Submit all of the above by mail along with \$50 processing fee to:**  
**Integrated Birth & Family Alliance**  
**51 Park Village Lane**  
**Greensboro, NC 27455**