

Steps to Becoming a Certified Birth Doula through Long Island Doulas Association, Inc.



Becoming a certified birth doula through the Long Island Doula Association, Inc., (LIDA) means that you have the necessary skills and education to help expectant parents prepare themselves mentally, physically and emotionally throughout their pregnancy, labor and the immediate postpartum period. It shows that you are well equipped to help them determine the services and information they need to make informed decisions during those times.

A Birth Doula

- provides continuous non-medical, physical and emotional support
- supports birthing people in various birthing situations: in hospital, birth center and home
- helps explore birthing options
- focuses on what is most important to the birthing person
- provides support and guidance to the birth partner of the birthing person
- helps the birthing person to feel safe, secure and confident as they journey from pregnancy to parenthood
- provides evidence-based informational support

Doulas have been supporting pregnant and birthing people in childbirth for centuries. Studies show the presence of a doula during birth positively impacts the birthing process for the birthing parent, babies and families.

Everyone works at their own pace which is why you have 3 years from the date of your training workshop to complete our certification requirements and submit your packet. LIDA is here to help and offer support at any point in this process. Below, you will find a breakdown of our requirements, including the different types of hands-on training, course work, self-study and readings that must be completed prior to certification.

If you have any questions, please do not hesitate to reach to LIDA directly at info@lidoulas.com

What are the benefits of having LIDA as your certifying body?

- Certification training is provided by a well-respected childbirth educator. During your certification training you will obtain the information and education to assist you with local birth practices.
- You will be an integral part of a long established and well-respected community of doulas and other childbirth professionals on Long Island.
- You will have access to local pregnancy, birth, and postpartum related resources.
- Membership in a local, reputable, and diverse not-for-profit organization.
- Strong community-based doula support (meetings, Facebook group, continuing education, etc)

Steps to Becoming a Certified Birth Doula through Long Island Doulas Association, Inc.



- LIDA's Community Support Fund (CSF) offers a wonderful opportunity for newly trained doulas to gain paid experience while simultaneously filling a great need in our community.
- Big Sister/Little Mentor Program. In this mentoring program you will be matched up with an experienced doula who can provide guidance and support to you through your certification and early birth work experiences.
- If you have any questions, please do not hesitate to reach out to Stephanie, Co-President and head of the Certification Committee, at thepurpledoula@gmail.com, or contact LIDA directly at info@lidoulas.com.

About the Trainer

Gail Janicola is the founder of Moms On Top, and has been a certified childbirth educator for over 2 decades. She is also a certified health coach and a pre & postnatal corrective exercise specialist, blending these treasured skills to create a roadmap for physical and emotional health throughout a mother's life, from preconception to "empty nest".

Woven throughout the courses she offers is a non-judgmental, integrated approach to pregnancy, labor, and birth, encompassing not only the tools to manage the pain of labor and influence its progress, but also - the path to a healthy mindset around birth and subsequent parenthood, the principles to lifelong physical and emotional health, and the building of self-advocacy and partnerships with family, friends, and medical caregivers.

Steps to becoming a LIDA, Inc. Birth Doula

1. Attend a 2-day LIDA birth doula workshop. The workshop is valid for three (3) years.
 - **Alternate** for those who have taken a 2-day LIDA hospital doula training: Have completed either NYU Winthrop Hospital or Stony Brook University hospital-based doula project, including 2 day workshop, the Business of Being a Doula Workshop **AND** 108 volunteer hours.
2. Sign up for and view the Business of Being a Doula workshop (included in investment fee)
 - code will be given after your 2-day workshop
3. Read at least seven (7) books from the Birth Doula Required Reading List (Form F) and fill out the Statement of Completion (Form F2). Select two (2) of the seven (7) books and complete the following:

Steps to Becoming a Certified Birth Doula through Long Island Doulas Association, Inc.



- Type written (500 – 600 word) summary in your own words, describing the approach of each book and how the information obtained is applicable to your practice as a birth doula
4. Participating member of the **Big Sister Mentor Program**. Your Big Sister will be your mentor during the certification process. (Form S)
 5. Submit at least one (1) of the following:
 - a. Attend a LIDA approved **Lactation Basics for the Birth Professional**
 - b. Lactation Observation Form confirming observance of an approved comprehensive breastfeeding class (Form J)
 - c. Proof of certification of IBCLC, CLC, breastfeeding peer counselor or community breastfeeding educator training.
 6. Attend the Perinatal Mood and Anxiety Disorder workshop offered by LIDA and the Postpartum Resource Center of NY
 7. Provide doula support to a minimum of three (3) clients. All births submitted for certification must take place **AFTER** attending the LIDA Birth Doula workshop. The births documented must meet criteria below:
 - a. Provide labor support continuously throughout all of active labor
 - b. The number of provided labor support hours for all three (3) submitted births must total a minimum of fifteen (15) hours
 - c. The maximum number of cesarean births allowed for certification is one (1).
 - d. Doula must stay at least one (1) hour after birth of baby to help initiate breastfeeding, promote bonding and to provide postpartum comfort measures. This hour can be part of the 5 hours required for each birth.
 - e. If you volunteer for any of the hospital-based doula programs you are able to use two (2) births for certification. Of those births, they need to be at least 5 hours of support in addition of being in attendance of the birth.
 8. For each of the three (3) births submitted for certification you need to complete:
 - a. Typewritten (approximately 250 word) account of each birth
 - b. LIDA Birth Outcome (Form M)
 - c. Client Confidentiality Release Form (Form K)
 9. Read and sign the LIDA Code of Ethics (Form E), LIDA Standards of Practice (Form H) and LIDA Grievance Policy (Form G)
 10. Complete LIDA's ROOTED: Cultural Sensitivity training for Birth Workers. A training that is not offered through LIDA must be pre-approved. <https://lida1.teachable.com/>
 - you will be given a code at the workshop to attend for free as part of your training
 11. Complete LIDA's Trauma workshop <https://lida1.teachable.com/>
 - You will be given a code at the workshop to attend for free as part of your training
 12. Submit a typewritten essay (500 – 1,000 words) on one of the following:
 - a. The value and purpose of labor support

Steps to Becoming a Certified Birth Doula through Long Island Doulas Association, Inc.



- b. How have these birth support experiences changed your views on birth?
 - c. What do you find challenging about being a doula? How do you propose to meet this challenge?
13. Attend a minimum of four (4) LIDA meetings, events or workshops (Form B). If you do not live on Long Island you can attend the equivalent of the above to meetings local to your area. (Form B)
14. Find 2 local resources for expecting parent(s) that are not listed on LIDA's resource list.
15. You must maintain a current LIDA professional membership (first year is free after training, \$60 per year after)
16. Complete the LIDA Birth Doula Exam Form (Form T)
17. Mail original required documents to:
LIDA, Inc. Certification Committee 3 Artist Blvd, Middle Island, NY 117953
Keep a copy of all submitted documentation for your own records.
18. Pay the certification application fee on-line or by check or money order made payable to LIDA, Inc. (\$125.00). The certification fee goes directly to our "Community Support Fund".
Recertification is required every 3 (three) years.
Please see the recertification policy for additional information.

Investment

Steps to Becoming a Certified Birth Doula through Long Island Doulas Association, Inc.



\$ 465.00 Birth Doula workshop (3 days)
\$ 75.00-100.00 Lactation Basics for the Birth Professional – depends on class chosen
\$ 0 LIDA membership for first year LIDA students (\$60 value)
\$ 0 Rooted Cultural Sensitivity training (\$20 value)
\$ 0 Trauma training (\$20 value)
\$ 90.00 Perinatal Mood and Anxiety Disorder workshop
\$ 125.00 Certification Fee (100% of this fee goes to the CSF Fund)
\$ TBD Books if purchasing

\$ 780.00 + cost of books if purchasing (approx)

Investment for Hospital based doulas

\$ 150.00 Birth Doula workshop (2 days)
\$ 75-100 Lactation Basics for the Birth Professional – depending on which class you take
\$ 50.00 LIDA membership (first year student fee, \$75 per year thereafter)
\$ 20.00 Rooted Cultural Sensitivity training
\$ 20.00 Trauma training
\$ 125.00 Completed application for certification (100% of this fee goes to the CSF fund)
\$ 165.00 Business of Being a Doula Completion Course
108 hours of volunteer time at either NYU Winthrop or Stony Brook University Hospital
\$ 720.00

ADDITIONAL INFORMATION FOR APPLICANTS:

- Applicants will be notified by email, phone or letter if there are concerns or questions.
- Applicants may be asked to submit additional materials.
- Applicants are expected to act in a polite and professional manner when discussing concerns with the certification committee.
- Applicants should be aware that an incomplete packet may be returned at the discretion of the Certification Committee for completion with a resubmission deadline.
- Amendments to the above requirements may occur without prior notification.

Denial of certification:

- Certification may be denied to anyone who falsified information, does not complete all requirements or does not adhere to LIDA, Inc.'s Code of Ethics & Standards of Practice.
- Certification may be denied at the discretion of the Certification Committee.
- Refund Policies: No refund will be provided for membership fees, certification packets or certification fees if certification is denied or the applicant withdraws during the application process.
- Extensions: One extension of six (6) months may be purchased for \$50.00.



LIDA Birth Doula Required Reading List

As part of the birth doula certification process you must:

- Read the the latest revision of both [The Mother Friendly Childbirth Initiative](#) from The Coalition for Improving Maternity Services(CIMS)
- Read (at least) nine (9) of the latest published editions of the books listed below from the LIDA Birth Doula Required Reading List.
- Fill out, and sign the Statement of Completion form (Form F2), as well as the typewritten summary of two (2) and turn it in when you apply for certification.

The following **two** books (preferably prior to workshop):

- Simkin, [Birth Partner 5th Edition: A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labor Companions](#), 2018
- Klaus, Kennell & Klaus, [The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier and Healthier Birth](#), 2012 (3rd ed)

Pregnancy (1)

At least **one** of the following:

- Douglas, [The Mother of All Pregnancy Books](#), 2012
- Douglas, [Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss](#), 2000
- Simkin, Whalley, Keppler, Durham & Bolding, [Pregnancy, Childbirth and the Newborn: the Complete Guide](#) 5th Edition, 2018
- Sears, MD, Sears RN, et al., [The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts](#), 2013
- Whalley, Simkin & Keppler, [The Simple Guide to Having a Baby: A Step-by-Step Illustrated Guide to Pregnancy and Childbirth](#), 2016

Steps to Becoming a Certified Birth Doula through Long Island Doulas Association, Inc.



Childbirth (2)

At least **two** of the following:

- Balaskas, [*Active Birth*](#)
- Davis, [*Heart and Hands, Fifth Edition: A Midwife's Guide to Pregnancy and Birth*](#), 2019
- Dekker, [*Babies Are Not Pizzas: They're Born, Not Delivered*](#), 2019
- Dick-Reed, [*Childbirth Without Fear: The Principles and Practice of Natural Childbirth*](#), 2013
- Gaskin, [*Ina May's Guide to Childbirth*](#), 2003
- Simkin, [*When Survivors Give Birth: Understanding the Healing Effects of Early Sexual Abuse on Childbearing Women*](#), 2004
- Janicola, [*The Ultimate Birth Experience*](#), 2021

Breastfeeding (1)

At least **one** of the following:

- Huggins, [*The Nursing Mother's Companion, 7th Edition: The Breastfeeding Book Mothers Trust, from Pregnancy Through Weaning*](#), 2017
- Kaplan M.Ed. IBCLC, [*Latch: A Handbook for Breastfeeding with Confidence at Every Stage*](#), 2018
- Mohrbacher & Kendall-Tackett, [*Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*](#), 2010 (2nd ed.)
- Schnell, [*Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers through Adoption, Surrogacy, and Other Special Circumstances*](#), 2013
- West & Pitman, [*The Womanly Art of Breastfeeding*](#)





Reading List Cont'd:

Perinatal Mood Disorders (1)

At least one of the following:

- Bennett PhD, Indman EdD, MFT, PMH-C, [*Beyond the Blues: Understanding and Treating Prenatal and Postpartum Depression & Anxiety*](#), 2019
- Kleiman, [*Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers*](#), 2019
- Shields, [*Down Came the Rain: My Journey Through Postpartum Depression*](#), 2005
- Thomas, [*Birth Trauma: A Guide for You, Your Friends and Family to Coping with Post-Traumatic Stress Disorder Following Birth*](#), 2013
- Croteau, [*Me, Again: How Postpartum Depression and Anxiety Transformed My Life*](#), 2018

Race Equity (1)

At least one of the following:

- Davis, [*Reproductive Injustice: Racism, Pregnancy, and Premature Birth*](#), 2019
- Oparah, [*Birthing Justice: Black Women, Pregnancy, and Childbirth*](#), 2015

LGBTQ+ Sensitivity (1)

- Rosewood, *Journey to Same-Sex Parenthood: Firsthand Advice, Tips and Stories from Lesbian and Gay Couples*, 2016