



Postpartum Doula Training and Certification Overview

What is a Postpartum Doula?

A postpartum doula:

- is a trained professional that assist a new family in those first days and weeks after the birth or adoption of a baby
- provides the family with evidenced-based information on infant feeding, soothing methods, and basic newborn care.
- is a reference point; an assistant and resource for the family in the postpartum period.
- supports a parent's emotional and physical recovery from birth, as well as parent-child bonding
- provides loving support so that the new parent feels nurtured, while keeping the household running efficiently so that they can focus their energy on their baby
- can assist in making the transition to parenthood and family relationships easier

A postpartum doula does not assume the role of caregiver, but supports and assists the family in learning about newborn, self and family care. They empower families in feeling secure in their skills as caregivers.

A postpartum doula does not make or give medical advice, or perform medical procedures. They simply offer education and support and assist the family in finding answers and resources. Postpartum doulas work well with children using patient, non-judgmental communication.

Becoming a certified postpartum doula through the Long Island Doula Association, Inc., (LIDA) is a high honor and it means you have met the excellent standards of postpartum doulas on Long Island. This certification signifies that you have the necessary skills to help support families as they transition into their role as parents with their new baby through the postpartum period. You will be equipped to assist parents in making informed decisions regarding newborn care, breastfeeding/bottle feeding, sibling support and more. You will be educated to provide encouragement and to help them determine the services and information that they need during their postpartum period.

Everyone works at their own unique 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.



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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.

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

- Certification training is provided by two well respected postpartum doulas, each with over 20 years experience. During your certification training you will obtain the information and education to assist you with local birth and postpartum practices. Various topics are covered both inside and following your training workshop. They include but are not limited to; breastfeeding, doula business practices, perinatal mood and anxiety disorders and more.
- 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.)
- Our Community Support Fund (CSF) offers a wonderful chance for newer doulas to gain paid experience while simultaneously filling a great need in our community.
- Big Sister/Little Sister Mentor Program. In the Big Sister/Little Sister mentoring program you will be matched up with an experienced doula who can provide guidance and support to you through your certification and early postpartum work experiences.
- 100% of your certification packet fee goes back to the "Community Support Fund" to provide free and discounted doula services, childbirth education and more for families that need it.

Certification Requirements:

1. Attend the LIDA Postpartum Doula Workshop. The workshop is valid for three (3) years. Other doula workshops must be pre-approved.



2. Read at least six (7) books from the Postpartum Doula Required Reading List (Form F-pp) and fill out the Statement of Completion (Form F2-pp) Select two (2) of the seven (7) books, and complete the following:

- Typewritten (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

3. Be a participating member of the Big Sister/Little Sister Mentor Program. Your Big Sister will be your mentor and fill out the necessary form for certification. (Form S)

4. Submit at least one (1) of the following:

- Proof of completion of a virtual Lactation Basics for the Birth Professional Workshop (choose one of the two approved courses:
 - <https://www.manhattanbirth.com/lactation-basics-for-doulas.html>
 - <https://birthdaypresence.com/product/lactation-for-doulas-workshop-nyc/>
- Lactation Observation Form confirming observance of an approved comprehensive breastfeeding class (Form J)
- Proof of certification of IBCLC, CLC, breastfeeding peer counselor or community breastfeeding educator training.

5. Attend the Perinatal Mood and Anxiety Disorder workshop offered by LIDA and The Postpartum Resource Center of NY.

6. Provide doula service to a minimum of three (3) clients. All support submitted for certification must take place AFTER attending the LIDA Postpartum Doula workshop. The postpartum support documented must meet criteria below:

- Postpartum support for each family should be no less than nine (9) hours of service.
- At least one of the families must be breastfeeding.
- At least one of the families must have an older sibling.



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7. For each of the three (3) clients submitted for certification, you need to complete a typewritten account (approximately 250 word) for each client. Please include:
 - Resources utilized
 - Any challenges you faced
 - An overview of your experience
 - Complete a LIDA Postpartum Outcome (Form O)
 - Client Confidentiality Release Form (Form K)

 8. Read and sign the LIDA Code of Ethics (Form E), the LIDA Scope of Practice (Form H) and the LIDA Grievance Policy (Form G)

 9. Complete LIDA's [ROOTED: Cultural Sensitivity Training for Birth Workers](#), and [LIDA's Trauma Training for Doulas](#). A training that is not offered through LIDA may be considered, must be pre-approved.

 10. Submit a typewritten essay (500 – 1,000 words) on one of the following:
 - What is the value in and why do families NEED postpartum support?
 - How have these postpartum support experiences changed your views of mothering and/or parenthood?
 - What do you find challenging about being a doula? How do you propose to meet this challenge?

 11. Attend a minimum of four (4) LIDA meetings, events or workshops (Form B)

 12. Create a local area postpartum resource list. Minimum 20 local resources for new parent(s).

 13. Provide a copy of current Infant and Adult CPR certification through one of the following: American Heart Association, American Red Cross or another LIDA pre-approved organization (must attend an in-person and hands-on workshop).

 14. Maintain a current LIDA membership (\$50.00 student fee for first year, \$75.00 each year after)



15. Complete the LIDA Postpartum Doula Exam Form (Form T-pp)

16. Mail original required documents to:

LIDA, Inc. Certification Committee ATTN: Certification

3 Artist Blvd

Middle Island, NY 11953

and keep a copy of all submitted documentation for your own records.

17. Pay the \$125 certification application fee **on-line** by PayPal or credit card, or mail a check or money order made payable to LIDA, Inc. to the above address.

Re-certification is required every three (3) years.

Please see the **re-certification policy** for additional information.

Total Investment:

\$ 365.00 Workshop

\$ 76.00 Lactation for Birth Professionals

\$20.00 Rooted Training

\$20.00 Trauma Training

\$ 50.00 LIDA membership

\$ 125.00 Completed application for certification (100% of this fee goes to the CSF fund)

\$? Books if purchasing



LIDA Postpartum Doula Required Reading List

As part of the postpartum doula certification process you must:

- Read the 2 (two) papers and one book prior to the workshop, and then at least seven (7) of the latest published editions of the books listed below from the LIDA Postpartum 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 papers and one book (prior to workshop):

- DONA International Position Paper: [*The Postpartum Doula's Role in Maternity Care*](#)
- [*The Mother Friendly Childbirth Initiative*](#) from CIMS
- Placksin, [*Mothering the New Mother*](#), 2003

Pregnancy/Childbirth (2)

At least two of the following:

- 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
- Douglas, [*The Mother of All Pregnancy Books*](#), 2012
- Douglas, [*Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss*](#), 2000
- Gaskin, [*Ina May's Guide to Childbirth*](#), 2003
- Simkin, [*When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women*](#), 2004
- 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



Mother/Parenthood (1)

At least one of the following:

- Arnold, Pascali-Bonnaro, Ringel, [*Nurturing Beginnings: Guide to Postpartum Care for Doulas and Community Outreach Workers*](#), 2014
- Chidi Cohen, [*Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood and Trusting Yourself and Your Body*](#), 2017
- Kemeny, [*Nurturing New Families: A Guide to Supporting Parents and Their Newborn Babies*](#), 2014
- Ou, [*The First Forty Days: The Essential Art of Nourishing the New Mother*](#), 2016

The Newborn (1)

At least one of the following:

- Brazelton, [*Touchpoints*](#), (2006)
- Jana, Shu MD, FAAP, [*Heading Home With Your Newborn: From Birth to Reality*](#), 2015
- Klaus and Klaus, [*Your Amazing Newborn*](#), 2000
- Nugent, [*Your Baby Is Speaking to You*](#), (2011)
- Plooij, [*The Wonder Weeks: A Stress-Free Guide to Your Baby's Behavior \(6th Edition\)*](#), 2019
- Sears MD, [*The Baby Book*](#), (2013)

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.)



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- Schnell, [*Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers through Adoption, Surrogacy, and Other Special Circumstances*](#), 2013
 - West & Pitman, [*The Womanly Art of Breastfeeding*](#), 2010 (8th ed.)

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
- Croteau, [*Me, Again: How Postpartum Depression and Anxiety Transformed My Life*](#), 2018
- 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

Cultural Sensitivity (1)

At least **one** of the following:

- Davis, [*Reproductive Injustice: Racism, Pregnancy, and Premature Birth*](#), 2019
- MacDonald, [*Where's the Mother?: Stories from a Transgender Dad*](#), 2016
- Oparah, [*Birthing Justice: Black Women, Pregnancy, and Childbirth*](#), 2015
- Rosewood, [*Journey to Same-Sex Parenthood: Firsthand Advice, Tips and Stories from Lesbian and Gay Couples*](#), 2016



ADDITIONAL INFORMATION FOR APPLICANTS:

- Applicants will be notified by email, phone or letter if there are concerns with the application.
- 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 an applicant who falsified information, does not complete all requirements or does not adhere to LIDA, Inc.'s Code of Ethics and 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.