



Birth Doula Recertification Overview

Birth doulas that maintain certification with The Long Island Doula Association, Inc. (LIDA) show their dedication to providing birthing people the most up-to-date and evidence based information. Our re-certified doulas prove that they are remaining dedicated and proficient in their field, and are able to provide the best support for their clients.

In order to hold your credentials, CBD (LIDA), a re-certification is required every three (3) years from the original date of your first certification.

If you have previously been certified through LIDA, you will be notified by email two (2) times within six months of your certification expiration date.

If you are already certified with another certifying organization, you can recertify with LIDA by following the steps below.

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.

Recertification Requirements:

1. Provide doula services to a minimum of three (3) clients. All births submitted for re-certification must occur within the last three (3) years of your current certification.

- Provide labor support continuously throughout all of active labor.
- The number of labor support hours for all three (3) submitted births must total a minimum of fifteen (15) hours, or five (5) hours each.
- The number of cesarean births permitted for re-certification is one (1).
- Doula must stay at least one (1) hour after birth of the baby to help initiate breastfeeding , promote bonding and to provide postpartum comfort measures for mom. This hour can be part of the 5 hours required for each birth.

2. For each of the three (3) births submitted for re-certification you need to complete:

- A LIDA birth outcome (form M)
- A Client Confidentiality Release Form (form K)



-
3. Read and sign the LIDA Code of Ethics (Form E), the LIDA Scope of Practice (Form H) and the LIDA Grievance Policy (Form G)
 4. Be a current member of The Long Island Doula Association, Inc.
 5. Complete Application form (Form A2)
 6. Mail the originals of all required documents to:
LIDA, Inc ATTN: Re-Certification
3 Artist Blvd
Middle Island, NY 11953
and keep a copy of all submitted documentation for your own records.
 7. Pay the \$75 recertification 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.
 8. Show proof of 15 CEUs or certification credits that are required for recertification. See below for Certification Credit Opportunities.



Recertification Credit Opportunities:

- Participate in the Big Sister/Little Sister Mentor Program. Become a “Big Sister” to a “Little Sister”. You will be a mentor during the Little Sister’s certification process. (3 Credits)
- Attend a LIDA approved CEU workshop. Proof of workshop is required. (Credits will vary depending on event)
- Volunteer at a LIDA event (Form B) (2 Credits)
- Attend a birth approved by LIDA’s Community Support Fund (CSF) (5 Credits)
- Attend the Perinatal Mood and Anxiety Disorder workshop again. (2 Credits)
- Lead and facilitate an in person or virtual workshop or meeting for expectant parent(s) OR a meeting for doulas and other birth professionals. Subject ideas for parents could include “Meet the Doula Night”, newborn prep class, choices in childbirth, meet local professionals, La Leche League, etc. (1 credit per workshop/meeting, max 5 credits)
 - Include the name/title of workshop/meeting, the location, date and time held, length of event, topic presented and any objectives, and number of people that attended.
 - In the typewritten statement above, include about 100-300 words that explains how preparing this workshop and facilitating the discussion that followed will enhance your own birth doula practice.
- Attend a minimum of four (4) LIDA meetings or events per year. If you do not live on Long Island you can attend the equivalent of the above meetings local to your area. (Form B) (3 Credits)
- Attend a LIDA meeting as a guest speaker offering at least an hour presentation on a childbirth related topic of a service you provide (other than doula services). (2 Credits)
- Volunteer your services at NYU Winthrop Hospital or Stony Brook University through either of their doula projects. (15 credits)
 - You must have volunteered for at least 3 shifts of 8 hours (or a total of 24 hours)
 - During that volunteer time you must have supported at least one client in labor and been present for the birth.
 - For more information on how to volunteer for our program please email info@lidoulas.com.



Alternative Credit Opportunities:

- Give a thirty (30) minute (minimum) presentation about doulas/labor support to a hospital, birth center, parents' group or doula group. (3 credits)
 - One (1) credit per presentation for a maximum of three (3) credits
 - LIDA council must be notified of the event prior to presentation.
 - LIDA brochures must be made available to attendees.
 - Complete Verification of Alternative Contact Hours (Form R) signed by the recertifying doula
 - Typewritten document including the number of attendees, title, length and detailed outline of the presentation.
 - Create an evaluation form to hand out to attendees after the presentation. Include these forms in your recertification paperwork.

- Observe an educational film or documentary related to the childbearing year by a recognized organization in the field of birth or parenting. One (1) alternative credit per one hour film or at least one (1) hour in length for a maximum of five (5) credits.
 - Complete Verification of Alternative Contact Hours (Form R), signed by the re-certifying doula
 - Title of the film or documentary, producer, length of feature, date viewed.
 - Typewritten 300-400 word summary of the film or documentary describing how the information obtained is applicable to your practice as a birth doula.

- Attend a support group or meeting relating to the childbearing years or parenting. Examples of support groups or meetings that would qualify include La Leche League, ICAN, bereaved parents, postpartum support groups or parents of multiples. The group or meeting should be selected to enhance the birth doula's education and effectiveness and must be led by someone other than the re-certifying doula. One (1) alternative contact hour per support group or meeting for a maximum of five (5) contact hours



-
- Verification of Alternative Contact Hours(Form R), signed by the re-certifying doula AND by the group leader/facilitator/moderator.
 - Typewritten statement (100-200 words) indicating date, time and length of meeting, number of attendees, topic covered, and an explanation about how attending this meeting or support group will impact your practice as a birth doula.



LIDA, INC 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 re-submission deadline.

Denial of certification:

Re-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.

Re-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 \$10.