

## **Postpartum Certification Requirements**

### **How to Become a MotherWit Certified Postpartum Doula**

- Attend a MotherWit Holistic Postpartum Doula Training Workshop.
- Fulfill the certification requirements.
- Receive your certificate stating that you are a MotherWit Certified Postpartum Doula.

Once you are certified, there is no need to re-certify. There are no membership fees.

### **Prerequisites**

**You need to be comfortable with the basics of caring for babies. While we go over some important infant care considerations, we are not teaching how to change diapers or hold a newborn. It is expected you have some experience with babies already.**

### **Certification Requirements**

- Read ALL the required books on the reading list.
  - 5 book reports of 250 to 500 words from the required reading list.
  - If you have not taken a prenatal class in the last 5 years, attendance at a childbirth education class. 250 word summary required.
  - A research project on a topic relevant to postpartum doulas approved by the trainer.
  - A research paper of a minimum of 1000 words, citing at least four resources.
- OR
- A video or in person presentation/demonstration of about 15 minutes long
  - 5 hour CPR/AED Level C and infant/toddler first aid certification with Safe Beginnings

- **Find a local breast/chestfeeding support group that will be welcoming of you sitting in for 2 sessions**
  - **Minimum 16 hours WHO approved lactation education course (in person)**
- OR**
- **Step2 Education: <https://step2education.com/> (On-Line)**
  - **Attendance at one birth if you have not given birth nor attended a birth before, 250 word written summary required. It can be anyone's birth.**
  - **A daily reflection practice, such as journaling, meditating, yoga, etc, to develop a strong, grounded centre from which to provide your service. A 250 word written summary of what you've learned is required.**
  - **Attend to 4 postpartum families (6 hours minimum per family) Written evaluation from each family required.**
  - **Business assignment, to be given in class**
  - **Final "open book" exam. When ALL your paperwork is handed in, you will be given your final exam**

**You have THREE years from the last day of your training to complete your certification. If you do not certify within THREE years from the date you completed your training workshop, you must take the workshop again if you wish to certify. Continuing education is important to updating and expanding your professional skills as a doula. We recommend that you attain 6-10 hours minimum of continuing education yearly to broaden, deepen, and freshen up your skill set. These can be offerings that move you and do not have to be "approved" by MotherWit as valid and worthy workshops. Continuing education is strongly recommended, but it is not mandatory.**

## **Postpartum Required Reading List 2020**

- **Our Babies, Ourselves by Meredith F. Small**
- **Traumatic Childbirth by Cheryl Tatano Beck**
- **The Fourth Trimester Companion: How to Take Care of Your Body, Mind, and Family by Cynthia Gabriel**
- **The Womanly Art of Breastfeeding by La Leche League International**
- **The Gentle Sleep Book by Sarah Ockwell-Smith**
- **Impossible Parenting: Creating a New Culture of Mental Health for Parents by Olivia Scobie**

## **Recommended Reading List**

- **Pregnancy, Childbirth, and the Newborn: The Complete Guide 4th Edition Penny Simkin, Janet Walley, Anne Keppler, Janelle Durham, April Bolding**
- **Mothering Multiples: Breastfeeding and Caring for Twins or More 3rd edition by Karen Kerkhoff Gromada**
- **The Premature Baby Book by Drs. Sears**
- **Empty Cradle, Broken Heart: Surviving the Death of your Baby by Deborah L. Davis**
- **Natural Health After Birth: The Complete Guide to Postpartum Wellness by Aviva Romm**
- **Parenting From the Inside Out by Dr. Dan Siegel**

## **Online Resources**

- **Kellymom.com**
- **Ibconline.ca (Dr. Jack Newman)**
- **Pattch.org (Prevention and Treatment of Traumatic**
- **Childbirth Postpartum.net (Postpartum Support International)**
- **EvolutionaryParenting.com**