

MaternityWise

Tampa Doula & Lactation Training Workshop Agenda

While this is a guide to help you know what will be covered at the workshop, please keep in mind that our time is flexible. To allow for a natural flow of learning, these topics may shift. However, rest assured. We will cover everything you need to know to become the most skilled doula you can be, even if it's not in the exact order you see below. In addition, if you feel you'd like to go over something during the training that you do not see listed in the agenda, please let your Trainer know and she will add it to the topic schedule wherever appropriate.

Thursday, August 20th

830am: Continental Breakfast (provided by MaternityWise)

9am: Labor Doula Workshop Begins

- Mechanics of Pregnancy and Birth, Anatomy and Physiology
- Fetal Development, Physically, Intellectually, Emotionally

1030am: Break

1045am: Labor Doula Workshop Continues

- Pregnancy Progression: Scope of Normal vs. Abnormal, Emotional and Physical
- Nutrition
- Dealing with Complication/Disorders Naturally, from the Root Cause

1pm: Lunch (provided by MaternityWise)

- Discussion during Lunch of VBACs, Homebirth, Water Birth, Unassisted Birth, Multiples

2pm: Labor Doula Workshop Continues

- Initial Contact, Business Decisions: Contracts, Packages, Faces of Your Company, etc.
- Conducting Yourself as a Doula: Balancing Personable w/ Professional
- Role Play, Initial Interview and Prenatal Counseling
- Dealing with Loss

345pm: Break

4pm: Labor Doula Workshop Continues

- Labor and Birth Progression: Scope of Normal vs. Abnormal, Emotional and Physical
- Psychological Effect on Mother, Partner, Siblings, Pets, Extended Family
- Role Play, Support in Labor Scenarios

6pm: End of Day

Friday, August 21st

830am: Continental Breakfast (provided by MaternityWise)

9am: Labor Doula Workshop Continues

- Supporting Moms Physically During Labor: Early, Active and Transition

11am: Break

- 1120am: Labor Doula Workshop Continues
- Psychological Effects of Trauma and/or Abuse on Birth Perception and Progression
 - Overcoming “Post-dates” Dilemma, Physical Helps and Psychological Implications
 - Politics of Birth, in Society, in the Hospital
- 1230pm: Lunch (provided by MaternityWise)
- Discussion during Lunch on Love Languages and Personality Types
- 130pm: Labor Doula Workshop Continues
- Role Play, Labor Support Scenarios
 - Engaging, Educating, and Empowering Dads
 - Emergency Childbirth Procedures
- 330pm: Break (on your own)
- 345pm: Labor Doula Workshop Continues
- Pushing, Mechanics, Psychological Implications
 - Immediate Postpartum, Progression, Mom’s Options
 - Happy Placentas
 - Role Play, Supporting Mom During Pushing
 - Postpartum Visits to Mom as a Labor Doula, Processing the Birth, Resource Referrals
- 550pm: Finalizing Workshop Details
- Evaluation forms
 - Attendance Verification Forms Signed
- 6pm: End of Day

Saturday, August 22nd

- 830am: Continental Breakfast (Provided by MaternityWise)
- 9am: Postpartum Doula Workshop Begins
- List of Care Duties of a Postpartum Doula
 - Role, Philosophy Development
 - What parents REALLY expect from their postpartum doula
- 1030am: Break
- 1045am: Postpartum Doula Workshop Continues
- Role Play - Recovering Mom and Baby
 - Care of the Mother, Postpartum Physical, Emotional
- 12pm: Lunch (provided by MaternityWise)
- Discussion during Lunch of How to Handle Difficult Situations: Labor / Postnatal Care
- 2pm: Postpartum Doula Workshop Continues
- Care of the Newborn
 - Comfort and Soothing Techniques
 - Newborn Sleep
 - Tummy Troubles
 - Hot Topics: SIDS, Vaccinations, Co-Sleeping
- 4pm: Break
- 415pm: Postpartum Doula Workshop Continues
- Multiples
 - Family Dynamics After Birth
 - Breastfeeding 101
 - Business Considerations, Fusion Marketing, Tools and Tips

550pm: Finalizing Workshop Details
- Evaluation forms
- Attendance Verification Forms Signed
6pm: End of Day

Sunday, August 23rd

830am: Continental Breakfast (Provided by MaternityWise)
9am: Lactation Support & Educator Workshop Begins
- What We Do, What We Don't Do
- Anatomy & Physiology
- Good Latch Basics
1030am: Break
1045am: Lactation Workshop Continues
- Mechanics and Chemistry of Milk Production
- Role Play - Positioning, Basic Troubleshooting
12pm: Lunch (provided by MaternityWise)
- Video and Discussion During Lunch of WHO Recommendations
2pm: Lactation Workshop Continues
- Providing Education in a Personal vs. Group Setting
- Running a Class, Success Tips and Learning Styles
- Providing Education in a Corporate Setting
- Laws and Recommendations Including Changes Brought by ObamaCare
4pm: Break
415pm: Lactation Workshop Continues
- Multiples
- Problems with Mom (emotionally, social challenges, physical obstacles)
- Problems with Baby (anatomical, digestive, post-traumatic reactions, behavioral)
- Ethics and Conduct
550pm: Finalizing Workshop Details
- Evaluation forms
- Attendance Verification Forms Signed
6pm: End of Day

Thank you!

If you have a **dietary restriction** or consideration, please let us know. While we will try our best to accommodate your needs, please be aware that we cannot be responsible for cross-contamination in the event of a food allergy. If you have serious food sensitivities, it may be best for you to bring or prepare your own meals.

If you are nursing, we are happy to accommodate time for nursing or pumping. Please let your instructor know your needs. Nursing Infants under 4 months old are welcome to join us all day.