

**Inspire.
Engage.
Empower.**

Hudson Perinatal Doula Fellowship Program Summer 2010

**Learn the healing arts of labor support
and give compassionate Doula care.**

Hudson Perinatal Consortium is a 501 (c) 3 non profit agency serving the needs of childbearing families in Hudson County, NJ. The Access to Care Program is funded by the New Jersey Department of Health and Senior Services to improve birth outcomes and aid in the prevention of mistimed and unintended pregnancies. An initiative of the Access Program, the COMMUNITY DOULA FELLOWSHIP, is immediately seeking applicants. Running part time from June 21- August 16, 2010, this community based doula program will be part of the solution to improving birth outcomes for the women and families of Hudson County.



**Hudson Perinatal
Consortium**
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What is a Doula?

An expectant mother receives medical care and medical management from a health care provider in pregnancy, labor and birth. A doula, a Greek word meaning 'to serve women', works along side a medical care provider to complement the woman's pregnancy through therapeutic touch, relaxation practices and stress reduction tools. Doulas continue to make a difference in improving maternity care.

The Hudson County Doula Fellowship is a life changing, affirming, and exciting program of learning to serve pregnant women in Jersey City and their families during their prenatal, labor and post partum time. Doulas do not provide medical or clinical care, and work alongside a laboring woman and her partner and medical caregiver. In pregnancy, a doula mentors an expectant mother in asking questions at prenatal medical visits, creating healthy food choices, sharing stress reduction practices and being a resource for other social, emotional and physical needs. During labor, a doula uses comfort measures to support the laboring woman along side the midwife or doctor. Finally, in the immediate postnatal time, a doula assists in breastfeeding support and provides adequate referrals if necessary. She provides normal newborn care education, empowering the mother to make the emotional transition to motherhood.



What is the Hudson Perinatal Consortium Doula Program?

Women selected to participate in the Hudson Perinatal Doula Fellowship program receive at no cost, a national doula training program from DONA International.

Unique to this training, participants will receive additional trainings on a myriad of topics from breastfeeding peer counseling skills, childbirth education, massage/therapeutic touch, integrative nutrition and the wise woman tradition of being present at labor and births. Furthermore, upon the completion of the Fellowship requirements, Fellows will receive coaching to assist in the submission of the paperwork for your national doula certification and assistance in identifying expectant mothers.

Significantly, the Hudson Perinatal Doula Fellowship program is a unique opportunity to train, support and mentor Fellowship candidates to successfully embody the role of a birth doula with the goal of having a positive impact on the birth outcomes of vulnerable women throughout Hudson County.

What is the time commitment for the Doula Program?

The Hudson Perinatal Doula Fellowship runs **June 21-August 16, 2010**. Applications are being accepted immediately on a rolling basis and can be downloaded at www.hudsonperinatal.org. The fellowship is open to 25 women who commit to the responsibilities and goals of program.

In addition to the DONA Doula Training dates, required by DONA International which are four full days, 8:30 am-6 pm June 21-24, 2010, the women accepted into the Doula Fellowship will further commit to complete all supplementary cross-training components of the program. Supplementary trainings will take place from June 28-August 16, 2010 for approximately 6 hours per week. Attendance is necessary and required.

In addition to the cross-training workshop attendance and the required reading materials, Fellows will commit to provide birth doula care to three expectant women who are clients of Hudson Perinatal Consortium, and attend those three births in Hudson County birthing facilities by December 1, 2010.

Who Can apply to the Doula Fellowship Program?

You can! No prior experience is required, just an enthusiasm to commit to the community of other doulas and the needs of pregnant women in Hudson County. Arriving on time and staying for each workshop date is essential, as well as an obligation to graduate from the program. Applications must be received no later than June 1, 2010.

What is different about this Doula Fellowship Program?

Unlike basic birth doula trainings, the Hudson Perinatal Doula Fellowship will expand your content knowledge and confidence in social justice, women's health, reducing perinatal health disparities and the healing arts.

In addition to the DONA International birth doula training, you will receive comprehensive perinatal health education which will enable you to educate and empower the women served by Hudson Perinatal Consortium.

How do Doulas improve maternity care?

Women cared for during labor by a birth doula, compared to those receiving usual care were:

- 26% less likely to give birth by cesarean section,
- 41% less likely to give birth with a vacuum extractor or forceps,
- 28% less likely to use any analgesia or anesthesia,
- 33% less likely to be dissatisfied or negatively rate their birth experience.

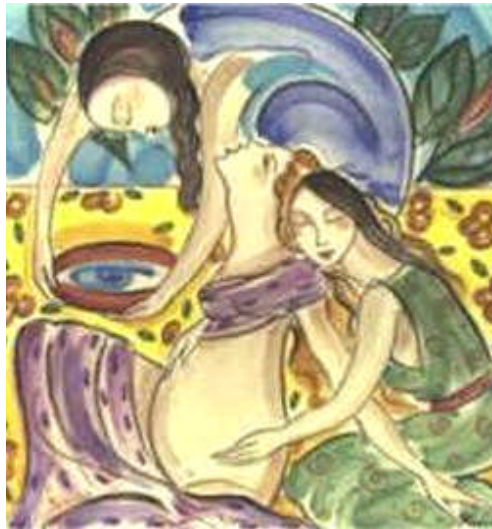
Source: http://www.dona.org/publications/position_paper_birth_table1.php

Contact:

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Artwork source:
www.serenebirths.com/

Silent Doula

She holds your hand.

**She wipes the hair
from your eyes.**

She refills your water.

**She brings the straw
to your lips.**

**She gives a reassuring smile
to your partner.**

She massages your back.

She warms compresses.

She turns down the lights.

**She trusts that, you know
how to birth your baby.**

**Source: Chelsea Lafrance is
a Natural Creation Doula,
servicing Calgary Alberta.**

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