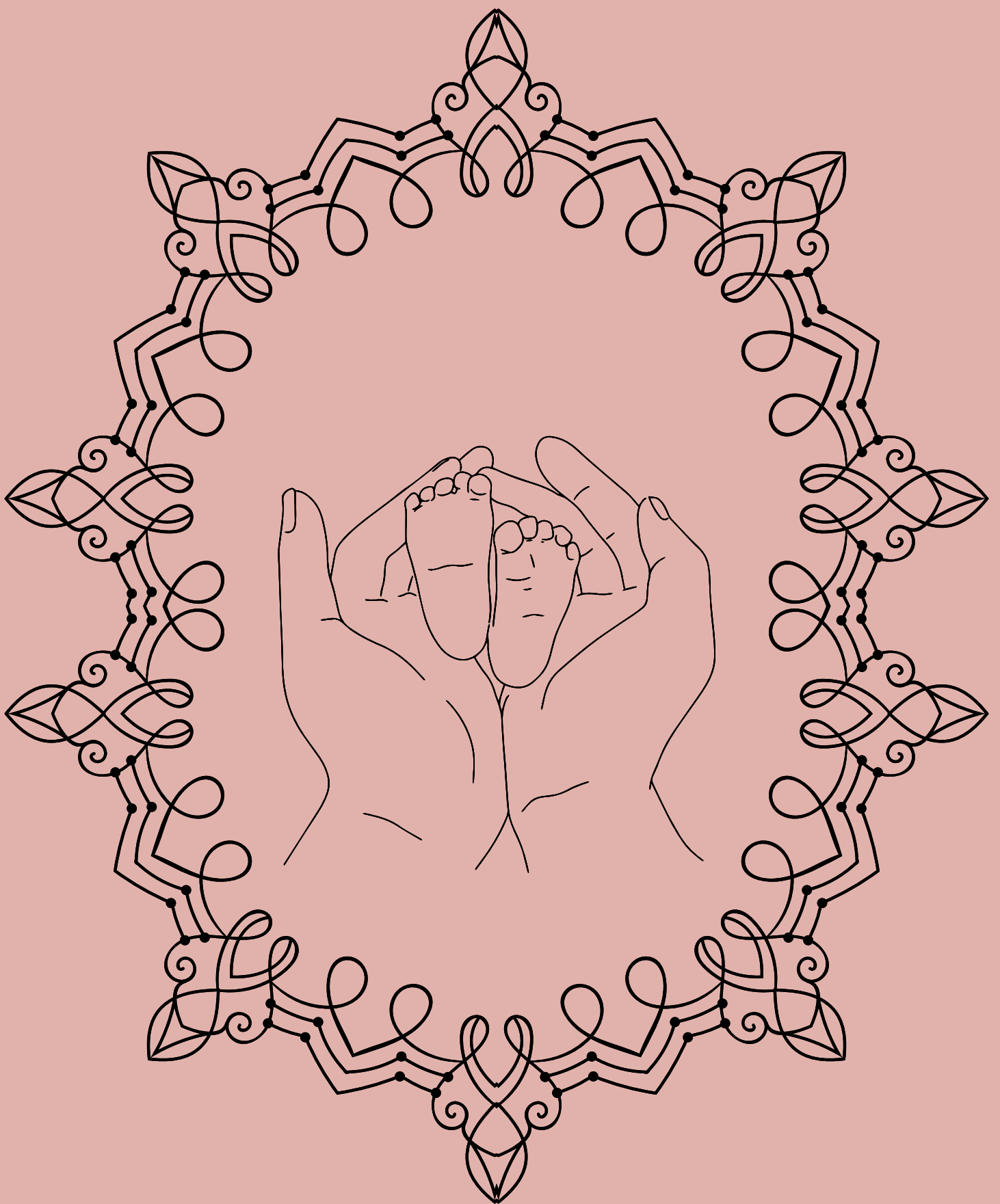
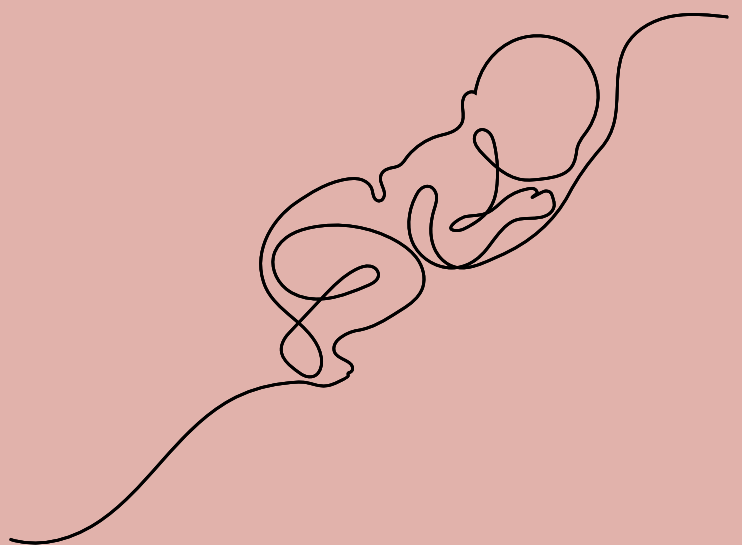


How to become a Doula



Supporting Women:
Birth and Beyond



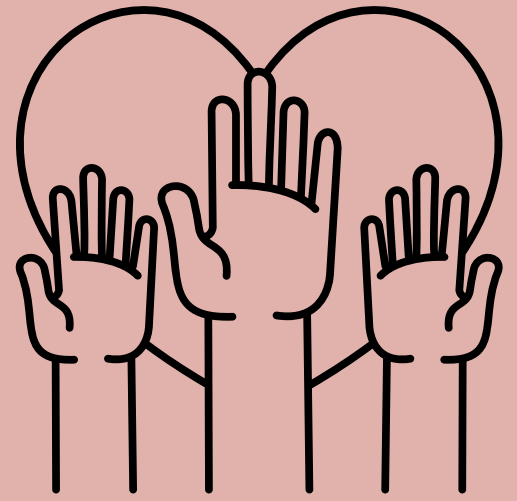
WHAT IS A DOULA?



A doula is a trained and supportive birth companion who provides emotional, physical, and informational assistance to expectant parents during pregnancy, childbirth, and the postpartum period.

DOES THIS INTEREST YOU?

Becoming a doula involves a combination of education, training, and practical experience to provide emotional, physical, and informational support to expectant parents before, during, and after childbirth.



GAIN KNOWLEDGE

Although not required, it is recommended to find reputable doula training organizations that offer certification programs such as DONA International, CAPP (Childbirth and Postpartum Professional Association), and ICEA (International Childbirth Education Association).



WORKSHOPS

Deepen your understanding by participating in workshops and seminars that cover various aspects of childbirth, labor support, breastfeeding, and postpartum care.

CONNECT

Connect with other doulas, midwives, childbirth educators, and healthcare professionals in your area that can possibly lead to referrals and mentorships.

To Learn More
About Doulas

**CLICK
HERE**

