



# SMC

## Full Circle Doula Birth Companion Training

### TRAINEE SYLLABUS

#### DAY 1: ORIENTATION (4:00 P.M. – 8:30 P.M.)

Welcome

Training Packet

Manual

#### TOPICS:

- \* Trainers Introduction
- \* Students' Introduction
- \* Training Overview
- \* Traditional Opening

#### 30 Minute Break

- \* SMC Full Circle Doula Philosophy

#### VIDEO: BRINGIN' IN 'DA SPIRIT (1 HOUR) +

- o Discussion

#### 5-Minute Break

- \* Birth Stories

#### Ritual Closing

#### DAY 2: PREGNANCY & PRENATAL CARE (8:30 A.M. - 5:00 P.M.)

#### Traditional Opening

#### TOPICS:

- \* Infant Mortality Prevention

#### VIDEO: WHEN THE BOUGH BREAKS

- \* Reproductive Anatomy

### 5-Min Break

- \* Signs of Pregnancy
- \* Pregnancy Hormones
- \* Common Discomforts of Pregnancy o

### 30-Min Lunch

- \* Nutrition

### Full Circle Doula Walk & Talk 30 Minutes

- \* Pregnancy Visualization/ Meditation
- \* Healthy Back and Essential Exercise

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### VIDEO: A DOULA STORY (1 HOUR)

### Ritual Closing

## DAY 3: LABOR AND BIRTH (8:30 A.M. – 5:00 P.M.)

### Traditional Opening

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#### TOPICS

- \* Physiology of Labor and Birth
- \* Signs of Labor, Phases of Labor & Labor Management
- \* Transition, Pushing, Welcome Ring
- \* Comfort Measures in Normal Labor

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#### 10-MIN BREAK

- \* The Birth Bag
- \* Skills for Stalled & Hard Labors

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#### GUEST SPEAKER

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#### 60-MIN LUNCH

- \* Creating the Birth Vision/Birth Plan

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#### VIDEO: BIRTH VIDEO

- \* Avoiding Fetal Distress, Birth Trauma,
- \* Episiotomy
- \* Caesarean Births & VBACS
- \* Bonding and delayed cord clamping
- \* Placenta Delivery & Rituals

### Ritual Closing

## DAY 4: POSTPARTUM CARE (8:30 A.M. – 5:00 P.M.)

### Traditional Opening

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#### TOPICS

- \* Benefits of Breastfeeding

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#### VIDEO: BREASTFEEDING

- \* Breastfeeding: Physiology & Support
- \* Technique
- \* Postpartum Care
- \* Caring for the Newborn

### 60-Min Lunch

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#### GUEST SPEAKER NEW PARENTS & BABY

- \* Creating A Doula Business:
  - o Student Doula Presentations

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#### GUEST SPEAKER /CD SMC FULL CIRCLE DOULA BIRTH COMPANION

- \* SMC Certification Requirements

### Final Quiz

### Evaluation

### Ritual Closing