

Fourth Trimester Journey Course
Ignite the Postpartum Doula Within
***Soulful *Experiential *Interactive**

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This course is for you if:

- You are seeking a fulfilling career that is purpose driven
- You want to create a shift in the way our culture treats MotherBaby and fathers after birth
- You are a birth doula or postpartum doula or you want to expand your knowledge about the fourth trimester of birth
- You want to create a business sharing what you know and living your passion for nurturing new families
- You would love to see a smiling baby each day, and call that work
- You desire to earn anywhere from \$600 - \$2000+ per month contributing to the foundation of a new life
- You want to contribute financially to your own family
- You want flexibility and freedom to work where, when and with whom you choose

You will get:

- Unlimited lifetime access to the online course
- Mentoring for 1 yr. from the date you start the course
- Extensive business module
- Weekly email pep talk
- Troubleshooting with clients
- Accountability buddy (optional)
- Resources
- Monthly live chat (recorded for future viewing)

During this course you will:

- Assess your knowledge
- Connect your head to your heart
- Explore modern and ancient traditions for healing after birth
- Navigate the current maternity care system
- Analyze current birth language
- List common breastfeeding challenges and strategies for support
- Discover the world of the newborn
- Define the role of the postpartum doula
- Interpret the research and resources
- Create a business plan
- Decipher your target or niche market
- Develop long term and short term business goals
- Access local and national resources

BONUS

- Downloadable articles for your clients
- Postpartum Doula Biz Packet (Business forms you can modify for your needs)
- Discount on future courses (live and online)
- Access to private student Facebook group for ongoing encouragement, sharing, and support

Class Format:

Option 1: 1 ½ days live (where available) with 9 module online, self-paced course (includes all materials for live workshop, online class, mentoring,)

Option 2: 9 module online, self-paced course (includes mentoring and all materials; many are downloadable)

Cost: \$500 (includes optional lifetime certification)

You will receive a Certificate of Mastery from Birth in the Know when you have completed your course; including the exam. The certification is optional.

You will have the tools, and access to the resources required for success. It will be up to you to stay current with the latest research and happenings in birth and beyond through workshops, online and live classes, webinars, and conferences, to be the best you can be in serving new families; protecting the MotherBaby dyad.

Postpartum Doula Certification Requirements

1. 1 ½ days live training and nine module self -study course on-line at our [Teachable classroom](#) Or online course only (complete within 1 year)
2. pass multiple choice, true-false open book posttest with 85% or above
3. work with three clients (one or more can be while you are in the course)
4. Submit three client feedback letters
5. CPR/First Aid (includes infants, children and adults)
6. Sign doula oath
7. Read the following books:

Mother the New Mother: Women's Feelings and Needs After Childbirth by Sally Placksin

Safe Infant Sleep, by James McKenna

Breastfeeding Made Simple by Nancy Mohrbacher, Kathleen-Kendall Tackett, and Jack Newman

For more information contact betsy@birthintheknow.com, or call (352) 228-1022.