

Thank you for choosing Birth Blessings Professional Birth Services for your certified doula training. This internationally referenced training and competency verification includes evidenced-based information including but not limited to: comprehensive doula service training, practical & emotional skills, along with comfort measures that will make you more effective as a birth doula and immediate postpartum, newborn & breastfeeding support, effective strategies that make childbirth a gentle, meaningful experience for your clients, strategies and tips for special circumstances - VBAC delivery, multiples, planned cesarean deliveries, etc, professional development and skills on how to talk to mothers in a way that encourages them to choose doula care, confidence building knowledge and skills, doula practice & business planning, and marketing for your new business.

Your tuition includes: a childbirth education and DONA approved birth doula training, corresponding workbooks &, business documents, online mentoring and support.

This workshop meets DONA Birth Doula Certification requirements for: Childbirth Class, 16-hour Birth Doula Training. This workshop is DONA approved toward your certification and valid for 4 years.

LOCATION TO BE ANNOUNCED

Day One

9:00pm-6:00pm

Childbirth Education Class for Doulas

Topics Include:

- Pregnancy anatomy, birth plans, informed consent, sign & stages, preterm labor
- Interventions & pain management
- Relaxation, comfort measures, caesarean delivery, breastfeeding, newborn care & more

Day Two

8:30am-5:30pm

DONA Birth Doula Training

Topics Include:

- Impact of birth, contracting clients, values clarification, & labor review
- Activism, cultural competency and health disparities
- Marketing and business forms; record keeping, comfort measures
- Challenges of labor, VBAC and caesarean

Day Three

8:30am-5:30pm

DONA Birth Doula Training

Topics Include:

- Newborn & postpartum care, breastfeeding support, networking & social media
- Professionalism, overview of the doula practice (taxes, advertising, scheduling), getting started
- Postpartum follow-up, role play
- Evaluations

DFW Tuition and Fees

Doula Training: \$799

“Early Bird Special:” \$675
(if paid in full by TBD)

Non-refundable deposit of \$199 must be received immediately to secure attendance at the training workshop. SPACE IS LIMITED, class will fill quickly.

REGISTER TODAY!

Childbirth Education for Doulas
Training ONLY: \$250 (“Early Bird:” \$199 by TBD)

Refund Policy: All deposits are non-refundable. All funds are transferable and can be applied to future workshops, training and/or events.

NO REFUNDS for cancellations after TBD.

Payment Options

- 1) Payment in FULL (money order, Paypal, check, cash)
- 2) Deposit & Final Payment before TBD

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- **BIRTH DOULA TRAINING
\$675**
- **CHILDBIRTH EDUCATION TRAINING
ONLY
\$250**

Makes Checks Payable to:
Nikia Lawson
c/o Birth Blessings PBS

Contact: Nikia Lawson
Phone: (817) 231-2672
Email: doulabirthblessings@yahoo.com

Greetings I am Nikia Lawson, owner and operator of Birth Blessings Professional Birth Services referred to as “Birth Blessings.” I offer skills training in: birth doula support, community childbirth education & Bengkung belly binding; and, business coaching to professional birth workers whose desire is to

bridge the gap between private and community-based birth & postpartum support, as a business and/or ministry. I embrace birth doula care through The Doula Couture, my high-end birth doula experience and lifestyle birth brand. And, I serve my local birth community offering social services and programming through my non-profit organization, The Natural Way Birthing Project, which focuses on infant mortality awareness and reduction in Tarrant County and Fort Worth, TX area.

I am a DONA International Certified Birth Doula with over 20 years of birth experience and extensive business building education, a DONA International Doula of Color Trainer Fellow and a DONA International Approved Birth Doula Trainer. I am an experienced childbirth educator and have taught classes to hundreds of expectant families for various community groups and hospitals since 2007. To date, I have assisted in the delivery of several hundred babies and supported more than 75 families as a Women’s Health Specialist for the City of Fort Worth. I am also a State of Texas Approved Lactation Educator and have supported hundreds of breastfeeding mothers transition with the newness of nursing. Finally, I offer limited postpartum support as a Bengkung Belly Binding specialist. My postpartum mothers get the benefit of this indigenous practice for overall recovery and wellness. I have a Bachelor’s of Social Work degree and a Master’s degree in Counseling. I have many professional credentials that help supplement my teaching environment and my commitment to support the families I serve.

I am also the mother of 2 awesome children and 1 beautiful grandchild. My future goal is to return to school complete my post graduate studies in Naturopathy and open a maternity group home.
Love and blessings, Nikia

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