

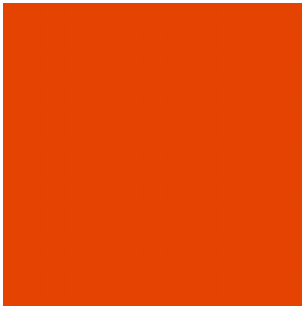
CHILDBIRTH  
INTERNATIONAL  
training without boundaries



## *Birth Doula Syllabus*

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There's nothing quite like the thrill of being part of a woman's birth! As a birth doula you'll support a woman through her pregnancy, labor and the first few days after her birth. This comprehensive birth doula training and certification program will cover everything you need to know to have the confidence and skills to accompany women on this journey.

Being a birth doula is so much more than just rubbing a woman's back during labor. Most of the hard work is done well before labor ever starts. Choosing the right caregiver, preparing physically and emotionally for the arrival of a baby, dealing with unexpected events – all of these are things that a doula can help with. At CBI, we make sure you have a thorough grounding in all these areas and more. With ongoing support and guidance from your trainer, a strong focus on communication skills, physiology and birth doula skills, and everything you need to know about starting or growing your business, you'll have the confidence and skills to provide the very best support to pregnant and birthing women.

As with all our training programs, during your doula training you'll have access to a worldwide network of other birth doulas and trainers. Whether you need tips on finding clients, how to help a specific client problem, or ideas for balancing your work and personal life, you'll find support and guidance. This support will continue even after you finish your training!

# LEARNING FLEXIBILITY

All Childbirth International courses are carried out through distance learning. This enables you to study wherever, and whenever, you like. After you register for your course, you will receive an email confirming your order and another with a link to register as a student. Once you click on that link and choose your log in details, you will have immediate access to your course materials.

Your course materials are available through our student website (<https://www.cbistudents.com>). In here you will find all the course modules, assignments, online tests and reflective evaluations that are needed for certification.

If you have ordered them, paper based course materials will be posted to you within a few days of your final payment being made. These are a copy of the materials available through the student website.

There are no time limits on your course. You can work through the materials and graduate within a few months, take your time, or take a break if life gets in the way!

A trainer is assigned to you within a couple of days of your registration. They will contact you to introduce themselves and begin the journey of getting to know each other. Your trainer follows you through your course, providing feedback for all your assignments and evaluations. They are there to encourage you, motivate and support you.

After you graduate, a certificate will be sent to you in the post and you can order an ID badge. You will continue to have access to all your course materials through the student website for as long as you like.





# CHILDBIRTH INTERNATIONAL CURRICULUM FRAMEWORK

Childbirth International (CBI) courses are designed using a Curriculum Framework. The Curriculum Framework provides the foundation of our courses, determining what should be included (the content or topics) together with what you, as a student, are expected to know, understand and do by the end of the course.

We design all our courses by first looking at what you need to be able to know, understand, or do, in order to be successful in your work. Once we have done that, we then look at how we can teach that knowledge or skill to you, and how we can measure whether or not you have become competent in that area. This approach means that everything you learn has a clear purpose and you will finish your training without any gaps.

This syllabus document outlines the content in the Birth Doula course, together with the essential knowledge and skills you will learn in each topic. It also includes general information about the course including pricing options, and frequently asked questions.



# Advantages of competency-based learning

Competency-based learning has been shown to be more engaging for students, with students developing skills that they can use for a lifetime.

## *Provides a clear understanding of what is expected*

1

A competency-based syllabus identifies the knowledge you will build, how that knowledge can be applied to your work (understanding), and the skills you will develop as a result. It also identifies how you will recognize when you have acquired these competencies and how you will be assessed.

## *Enables you to track your progress*

2

Throughout your course you will be able to see the assessments you have completed and what is left to complete. By monitoring the competencies that you develop you track your progress. You can clearly see the skills you are developing and how your competency as a birth professional is growing.

## *Links what you are learning to the work you are doing*

3

Developing competency happens as a result of acquiring knowledge, understanding the relevance of that knowledge, and then knowing how to apply that knowledge with a client. By linking your developing knowledge with the experience you gain, you will understand how you can apply it to your work.

## *Includes continuous and ongoing assessment*

4

Becoming a skilled birth professional takes place over time. Knowledge and understanding are important, but it is the ongoing learning that really matters. You'll complete self-assessment activities and receive continuous and ongoing feedback from your trainer who will accompany you through your journey.

## *Is individualized and student-centered*

5

Each activity you complete will be relevant to you and the clients you work with. If there are competencies that you already gained from your previous learning and experience you will mark these as complete and move on. The only required parts of the program are the formal assessments that your trainer will review.



# *CBI Competency Framework*

The CBI Competency Framework is based on six domains, or areas. During your course you will develop skills relevant to each of the domains.

Birth professionals trained through CBI have a complex understanding of pregnancy, birth, parenting and lactation. They apply this knowledge and their unique skills when working with clients, and are committed to serve and support them in meeting their needs. They have an obligation to act according to their professional code of conduct, to demonstrate cultural competency and to practice within their own limits.

CBI uses competency standards to demonstrate what you will learn through your training and what you should be able to demonstrate by the time you graduate.

## *Knowledge – what you know*

Knowledge is the information you will learn when you are training. For example, you can describe the stages of labor, or list the main symptoms of mastitis. You either know it, or you don't.

## *Understanding – making connections*

Understanding is when you can make connections between pieces of knowledge and a real-life context. For example, you understand how the hormones of labor affect its progress and what can happen when the birth environment is disturbed.

## *Skills – what you can do with your knowledge or understanding*

Skills are the ways that you apply your knowledge and understanding, or the things you can do. For example, you can apply sacral pressure with a client who has backache during labor, or you can use active listening or conflict resolution when there is a disagreement with a colleague.

## *Competencies – providing context*

The competencies provide context. They indicate the circumstances where you might apply your knowledge, understanding and skills. For example, in order for you to be able to use research to guide practice, you would need to:

- recognize the general structure of research and how to interpret it,
- analyze the quality of the research and recognize any biases,
- comprehend the research in relation to clients you are working with, and communicate that research effectively to clients.



We focus on six domains, or areas, of competency: People, Practical, Leadership, Wellness, Ethics and Professionalism, and Cultural Competency.

### *Domain 1: Ethics and Professionalism*

This domain covers the competencies that relate to professional practice. It includes the your legal responsibilities, ethical behavior, safety, and client-centered care.

### *Domain 2: People*

These are the skills related to communication with clients, their families, caregivers & peers. This domain includes communication skills, collaboration, conflict resolution and reflective practice.

### *Domain 3: Practical*

These are the skills related to carrying out your job. They include the knowledge, understanding and skills related to working with and supporting clients.

### *Domain 4: Leadership*

These are the skills related to effecting change within the industry. They include recognition of the challenges that affect the ability for system change, the student's own role in being a change agent, and their capacity to mentor and guide new birth professionals, and pass on knowledge and skills.

### *Domain 5: Wellbeing*

This domain includes the importance of self-care and developing a sustainable business. It covers how a birth professional manages stress and seeks out support and mentorship within their own community of professionals. Developing a sustainable business means it has to be financially sustainable, as well as meeting the needs and respecting the values and beliefs of the business owner.

### *Domain 6: Cultural Competency*

This domain relates to working with diverse groups, without judgement, including providing appropriate resources that meet their needs and recognizing the role that culture plays in the choices available to clients.

## *Course Content*

Your course is divided into a series of modules. The modules are made up of units of related topics. The modules in the Birth Doula course are:

Communication

Pregnancy & Birth Physiology

Being a Birth Doula

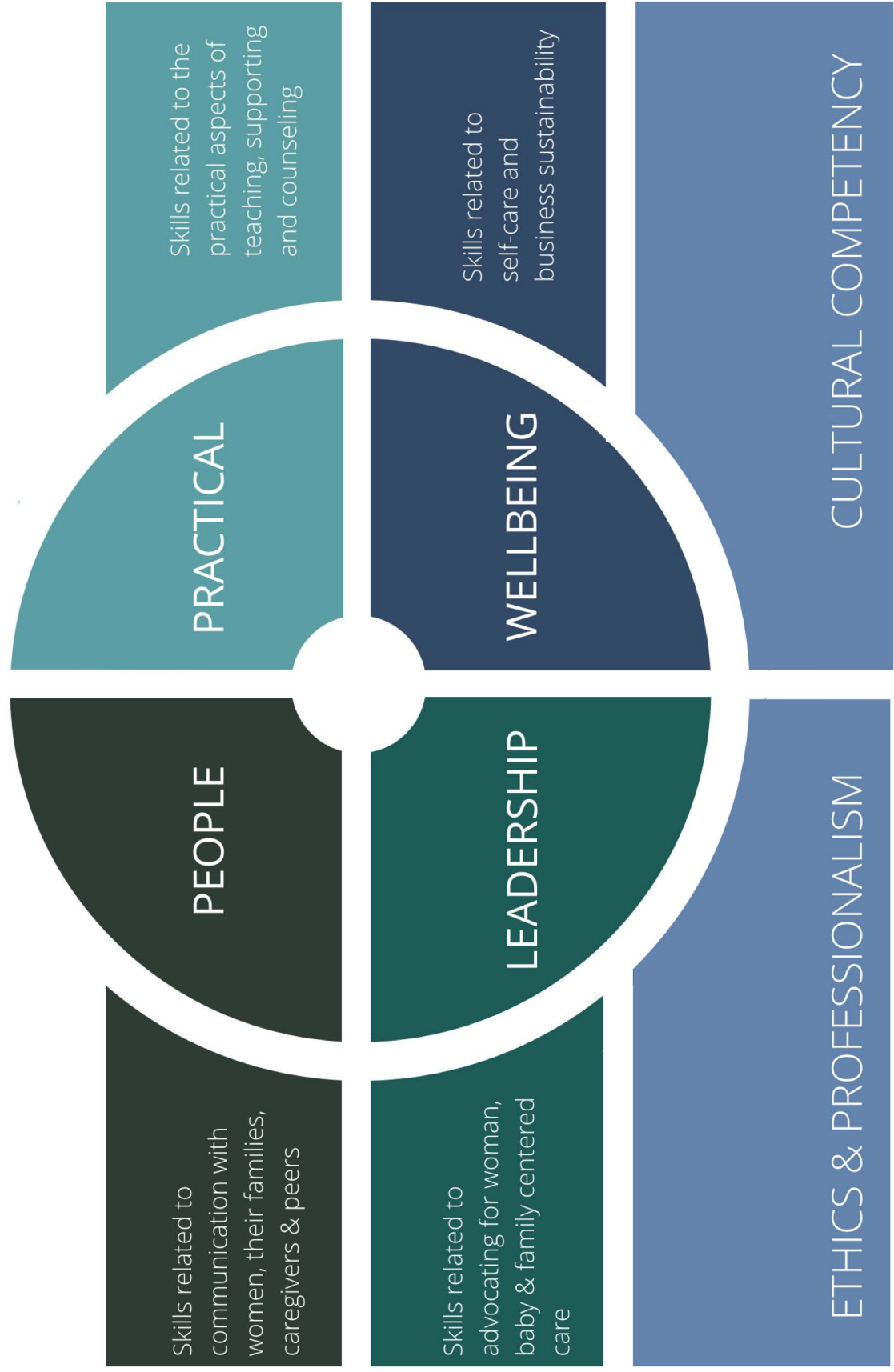
Business of Birth

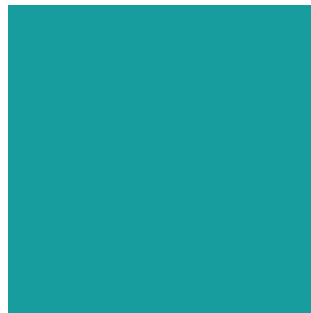
As you work through each unit you will find the knowledge, understanding and skills laid out at the beginning. Within the unit there are activities and online readings to develop further perspective.

At the end of each unit is a summary task that draws together your learning and helps you to relate this to your own work.

In the next section we will go through each of the modules within your course.

# CBI Competency Framework





# ASSESSMENTS

Within your course there are a number of formal assessments that you will submit to your trainer. They will review your work, evaluate and provide extensive feedback.

## *Communication Assignment*

The communication assignment is a written essay, using the Childbirth International reflective practice model. You will submit this as a draft first. Your trainer then provides you with feedback and suggestions on how you might develop your essay. You then submit your final which is graded by your trainer.

## *Physiology Tests*

There are eight physiology tests for you to complete. These are open book tests that you can use any resources to locate the answers. The purpose of the tests is to evaluate your knowledge on the physiology

of labor and birth, and to develop research skills.

## *Birth Support*

You will support two clients through pregnancy, labor and birth. After their baby is born you submit a reflective evaluation of the role you played and what you learnt from the experience. One of these births can be a cesarean birth. We do not require evaluations from your clients or caregivers.

## *Childbirth Class Survey*

You will do a survey of local childbirth class options, researching one of these in detail.

## *Book Reviews*

You will read 3 books from our extensive reading list (over 100 titles to choose from) and write a reflection on the book.

## *Module Evaluations*

At the end of each module you will write a reflection on what you learned and identify areas that you feel you still need to work on.



# COMMUNICATION

Enhancing your communication skills enables you to build strong relationships with clients and caregivers alike. Many of you will work in challenging environments. During the course you'll explore these challenges and develop skills in building relationships with caregivers, without compromising your professionalism or your client's wishes.

At the heart of every CBI training and certification program is reflective practice. But what exactly is "reflective practice"?

At its simplest, reflective practice is looking at what you've done, or didn't do, and reflecting on it. In relation to CBI training, though, it's so much more. Reflective practice is about examining choices and decisions, considering them from different perspectives, thinking about alternatives, learning from them, and then applying that learning to your work. It demonstrates best practice in continuing education, increases confidence and professionalism. It's an incredibly valuable skill that you can pass on to your clients and help them to assimilate their experiences.

All CBI training programs have an ongoing reflective practice focus. In every assignment you submit, this will be evaluated by your trainer, providing you with feedback on this aspect and help you to see your own growth in this area. You'll be encouraged to reflect on the language you use, your participation in discussions and how you approach every aspect of your work.

At the end of this module you'll write a reflective essay that will be reviewed by your trainer who'll provide feedback and assessment.

## Communication Knowledge, Skills and Topics

### *Essential Knowledge*

Effective communication components

Active listening techniques

Factors that inhibit effective communication

Nonverbal and verbal communication

Open and closed questions

Reflective practice & reflective practice models

Recount and reflection

Decision making tools

Informed choice and informed consent

Evidence-based care

Cultural factors affecting communication

Standard precautions and infection control procedures

Scope of practice

Local and regional regulations

### *Essential Skills*

Active listening skills

Using empathy

Self awareness

Reflective practice

Conflict resolution

Communication without bias

Critical thinking

Research and analysis

Identification and communication of personal boundaries

Assertiveness

Collaboration

### *Topics*

Effective Communication

Language and Communication

Active Listening

Reflective Practice and Debriefing

Diversity & Cultural Humility

Evidence-Based Care and Informed Choice

Grief and Loss

Professional Practice

Perspective and Recognition





# PREGNANCY AND BIRTH PHYSIOLOGY

Understanding the normal physiology of pregnancy, labor, birth and the early postpartum period provides you with the foundation essential for working with pregnant clients. The physiology module begins with the female menstrual cycle, pregnancy and the stages of fetal development. It then explores the normal processes during labor and birth, and the early postpartum period.

Once you have a solid knowledge base on normal physiology, you can then dig deeper into understanding the concepts of active and expectant management of labor, and the common routine procedures that may be suggested by caregivers.

This module will also cover the importance of nutrition and exercise during pregnancy and the risks of nutrition-related illnesses. We will explore the concept of pain during labor, its physiological purpose, and options available for pain relief.

With up to one-third of those birthing having cesareans, it is important to understand the process of cesarean birth, ways to minimize the risk of a cesarean and the issues related to vaginal birth after a cesarean (VBAC).

As a birth doula you will be supporting clients in the first few weeks after birth. You will develop an introduction to lactation and discover tips and suggestions on helping clients with some of the more common breastfeeding problems. Finally, you will look at prenatal testing and screening, and the ethical issues related to this.

## Pregnancy & Birth Physiology Knowledge, Skills and Topics

### *Essential Knowledge*

Female reproductive anatomy

Key stages of fetal and/or infant development

Causes and symptoms of common conditions

Medical and alternative approaches to treatment

Physiology of the newborn

Informed choice and informed consent

Evidence-based care

Features of postpartum mental health disorders

Mechanisms for labor starting and stages of labor

Pain relief mechanisms and options in labor

Absolute indications for cesarean birth

Risks and benefits of vaginal birth after cesarean (VBAC)

Pharmacological and non-pharmacological methods of pain relief

Common medical interventions

### *Essential Skills*

Communication of complex concepts

Reflective practice

Critical thinking

Research and analysis

Resource development

### *Topics*

Physiology of Pregnancy

Physiology of Labor

Postpartum Period

Nutrition and Exercise

Pain in Labor

Management of Labor

Routine Procedures During Labor

Cesarean and VBAC

Introduction to Lactation

Prenatal Testing and Screening





## BEING A BIRTH DOULA

Birth doulas have the privilege of sharing a very special time with a family, the time around the birth of their baby. This privilege comes with unparalleled rewards, but also intense challenges.

In this module you'll explore the roles and responsibilities of birth doulas, and discuss the benefits to the family of support at this time. You will also explore the stresses you may confront, and how these can be managed.

You'll look at your role and responsibilities at the different stages of working with a client - before the birth when you are working together to help them prepare, during labor, and the early postpartum period. This module will help you to determine how to manage your first client interviews and how to manage the stress of being on call.

You will learn the different strategies to help during particular challenges, such as during a cesarean, if a client chooses an epidural, those who are birthing without the support of a partner, or those giving their baby up for adoption.

You will consider different ways that you can establish yourself in a community and how to build peer relationships that will help you to find clients. There is an introduction to complementary therapies that will provide you with a basic understanding for when you are working with clients who would like to use these.

Finally, you will explore birth trauma and how you can help families, and yourself, heal after a traumatic birth, and how to support change in maternity care.

## Being a Birth Doula Knowledge, Skills and Topics

<i>Essential Knowledge</i>	<i>Essential Skills</i>	<i>Topics</i>
Roles and responsibilities of the birth doula	Active listening	Getting Started as a Doula
History of birth support	Reflective practice	Working With a Client Prenatally (including birth plans and debriefing)
Local health care culture	Problem solving	Working With a Client During Labor (including positioning, hands-on skills, complementary therapies)
Stress management techniques	Networking and peer community building	Adapting Your Role (homebirths, cesareans, epidurals)
Resources for support	Conflict resolution	Challenging Births (posterior, precipitate, unexpected outcomes)
Helpful tools for the birth bag	Planning and time management	Working with a Client Postnatally
Local hospital policies	Debriefing effectively	Supporting Clients in Crisis
Helpful documentation for the doula (invoices, contracts, templates)	Carrying out the client interview	Equipment, Supplies and Documentation
	Birth plan development	Alternative Ways of Working
	Doula hands-on skills: positions for labor, massage, techniques, double hip squeeze, acupressure, sacral pressure etc.	Making Change



## BUSINESS OF BIRTH

Running your own business is an exciting challenge. As well as being financially rewarding it can also boost your self esteem. Learning how to successfully manage your own enterprise, however large or small, is liberating. This module will take you through the steps of establishing a business and get it up and running.

While many people would love to run a business they often do not feel prepared and may be anxious about leaping into something that has unknown risks. Some are passionate about an interest and would like to make it profitable but do not know how to start turning their interest into an income. They often discover they are not getting paid a fair amount for the hours they work, their business is poorly structured, the products or services are more complicated than they anticipated or they are not finding clients as easily as they imagined they would.

If you are worried about the business side of being a birth professional, or have had a business for a while but not reaping the rewards you had hoped for, this module will help you. It will challenge the way you think about your business. We will explore the various aspects of self-employment and identify how being business savvy can affect your outcome in terms of success. You will learn how to take control of your finances and achieve your own personal aspirations and goals.

Once you learn how to manage your business more effectively you can keep coming back to check how you are going and see if there are changes that need to be made. With the knowledge and the experience of CBI to support and guide you every step of the way, together we can make the difference needed to ensure that your confidence and birth related business will flourish and grow.

## Business of Birth Knowledge, Skills and Topics

### Essential Knowledge

Financial measures for a business  
Legal and tax obligations  
Basic marketing techniques  
Basic documentation for a business

### Essential Skills

Personal and business goal setting  
Active listening  
Reflective practice  
Problem solving  
Networking and peer community building  
Budgeting and managing cash-flow  
Analyzing competitors  
Profiling customers  
Brand development  
Developing a pricing strategy  
Carrying out a SWOT analysis  
Time management  
Negotiation and networking

### Topics

All About You  
Clients and Competitors  
Products and Services  
Designing the Look and Feel  
Promoting Your Business  
Finances and Legal Issues  
Looking to the Future

five payments	one payment	green option
<p><b>US\$ 131</b> per month for 5 months</p> <p>Pay over five months with online access immediately and paper manuals sent to you when the final payment is made.</p>	<p><b>US\$ 630</b> single payment</p> <p>Pay one single payment and receive your paper manuals as well as online access through the student website.</p>	<p><b>US\$ 600</b> one payment</p> <p>Be gentle on the environment! Complete your course online - save money and trees! Also available in monthly installments.</p>

# PAYING FOR YOUR COURSE

We have several price options.

## *One Payment*

You can pay for your course in a single payment of US\$630. You will have immediate access to your course materials online and receive a printed copy of your course materials in the post. Course packages are shipped using FedEx.

## *Five Payments*

If you prefer, you can pay for your course across five months. The first monthly installment will be charged when you enroll, and subsequent payments will automatically be charged once a month for a further four months. Once your final payment has been made, your printed course materials will be posted to you. If you start on an installment plan and then subsequently want to pay your balance early, just drop us a line and we can give you the information on the balance. Once this is received we will ship your printed materials straight away. An administration fee of \$5(per course) is added to your installments each month.

## *Green Option*

Some of our students prefer to just work from the student website using the online materials, and save on printing and shipping. You can choose this option when you are enrolling through the shopping cart.

## *No Hidden Costs*

With CBI, you will never be asked to pay additional fees. There are no recertification fees, and membership is free for life. You will not have the additional costs associated with attending a workshop. We will not charge you extra for applying for certification or for receiving your certificate.

# BIRTH DOULA + MENTORING

Some students feel very comfortable with being self-directed through their training and certification. Others though find online learning to be a challenging process and prefer to have more support and guidance. During your course your trainer will always be there to answer any questions and will provide feedback on all the work you submit for certification. If you would like more support and mentoring, we provide our premium Birth Doula + package.

With the premium package your trainer will provide six mentoring sessions to walk you through each step of your course. As a guideline, each session is about 45 minutes long. In most cases, your trainer will ask you to provide documentation beforehand so that they can be prepared for your mentoring session. For example, they may ask you to answer a few questions about the challenges you are facing.

The focus of these sessions is flexible and designed to meet your needs. Based on your previous experience and knowledge, you may want different topics than we have suggested. These are simply for guidance and you can determine the most relevant topics with your trainer in the first session. Sessions are conducted over Skype.

## *Session 1: Getting Started*

Within the first two weeks of your enrollment, your trainer will work with you to determine your goals. They will provide you with suggestions on managing study time, creating a study plan, and identifying any challenges you might have. Together you can determine the optimum environment for you to work in and identify realistic expectations to help you achieve success. During this first session your trainer will help you to identify the areas that you would like to focus on in subsequent mentoring sessions.

## *Session 2: Who is Your Client?*

During this session you will work together with your trainer to determine the type of services you want to provide, and the clients that these services might appeal to. Your trainer will review your client and competitor analysis (completed as part of the Business of Birth module) and provide you with feedback and suggestions of areas where you could develop your services or target additional clients. If you already have an established business, your trainer will help you to determine potential for expanding your services and identifying where you could become more focused. You might also choose this session to discuss client or competitor challenges that you have faced.

## *Session 3: Where Will I Find Them?*

If you are just starting out, the idea of finding your first client and attending those early client meetings can be daunting. Your trainer will help you identify



ways that you can reach target clients, or broaden the reach that you currently have if you have an established business. Your trainer will also review any handouts you would like to have available for clients at that first meeting. During this session you might role play the first call from a client, or talk about ways to work with clients who have reluctant partners.

### *Session 4: Building Your Image*

A successful business spends time considering how they market to their potential customers and has a consistent look and feel to their brand. If you do not have any marketing experience this can seem overwhelming. Your trainer will review any marketing materials that you already have (e.g. website, brochures, business cards) and provide you with feedback on how these could be developed. They will also guide you through establishing a social media presence and discuss effective strategies for getting repeat business or referrals from existing clients.

### *Session 5: Attending Your First Birth*

Wondering what to put in your birth bag? How often you should call your client? When you should go to them in labor or whether or not to take breaks during a long birth? Your trainer will walk you through tried and trusted ways to support a client through different types of births. They can also debrief your first birth with you if you had particular challenges or problems.

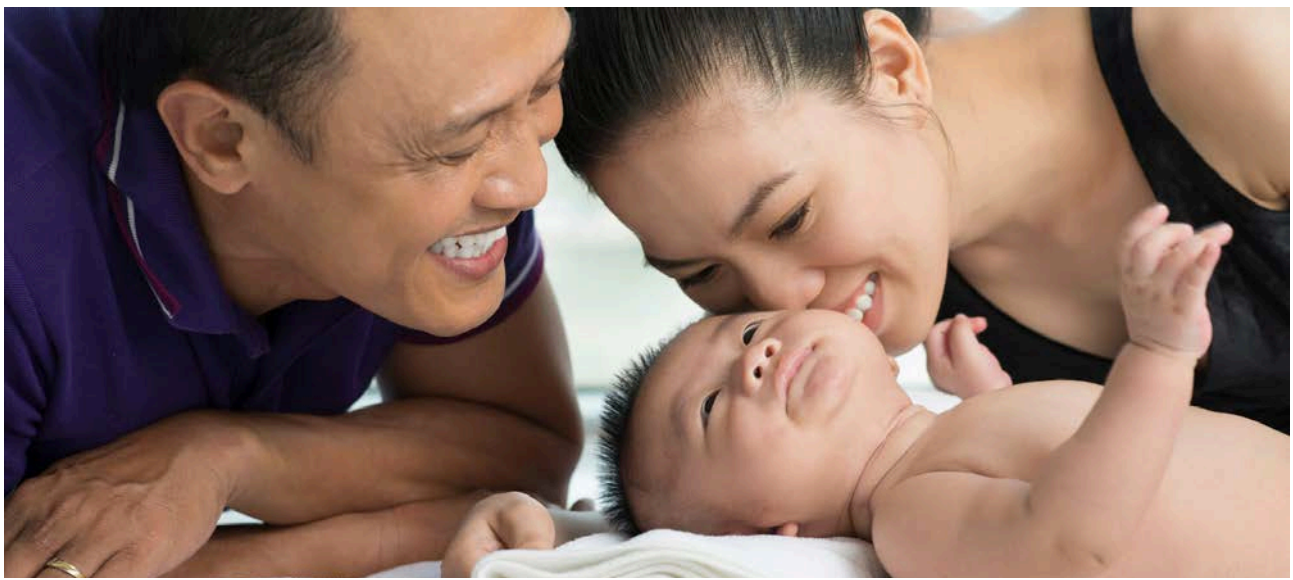
### *Session 6: Dealing With Challenges*

Once you are near the end of your training and have completed your two births, you may have challenges that came up. Perhaps you are finding it difficult to establish trusting and positive relationships with caregivers. Or you are struggling with making your business financially viable. Or simply struggling to get through to the end of your course. Whatever the challenges that you face, your trainer can help you explore effective strategies and solutions.

### *Pricing*

The Birth Doula + package is an additional \$340 for all six sessions. If you would just like one session to focus on a particular issue, students can book this for \$55 for one hour.





## FREQUENTLY ASKED QUESTIONS

### *How do I learn hands-on skills without a workshop?*

This is probably one of the most common questions we are asked!! During your course you will explore the different techniques that a doula can use to support a client during labor. Massage, positioning, sacral pressure, double-hip squeeze. You will learn about why they help and be able to watch videos on the different techniques. Just like workshop based training though, the real practice comes when you start working with clients. And while it might not seem like it beforehand, much of the physical support you give during labor is instinctive.

The hands-on skills, however, are not the most important part of being a doula. Helping a client to recognize their options, guiding them through the decision-making process, reflecting and debriefing their previous experiences, building their confidence and supporting them in finding their own voice. These are the things where a doula can really make a difference. And they take time to learn and develop. This is why we provide our training online - to give you the chance to really learn the important skills that a doula can use to help clients have the births that they want.

### *Can you provide me with an experienced doula to shadow while I am learning?*

We do not provide this, although you are more than welcome to contact other doulas and see if any would be willing to have you work with them at births. We feel that the doula's role is to be completely focused on their client, and their birth supporters, during labor. When a doula is also teaching a less experienced doula, it is difficult to carry out both roles successfully.

### *Can you help me find my two clients for the support requirement?*

As an international organization it would not be possible to find clients for our students. However, we will support you in multiple ways to achieve this requirement. Firstly, you will have access to other students through our student only Facebook page where you can ask others how they found clients

themselves. You can also work through the business portion of your course materials which will walk you through the steps to identifying your ideal client and how to market your services to them. Also, your trainer is always there to answer questions and provide you with guidance and support. They are practicing doulas themselves and can give you suggestions based on their own experience.

*I did a workshop with another organization but would prefer to certify with CBI. Can this workshop count towards my certification requirements?*

Possibly! We offer a cross-certification program for health professionals and experienced doulas. If you have supported 15 women (5 women if you are a medical doctor, midwife or obstetric nurse) through pregnancy, birth and postpartum you can apply for the cross-certification program.

*How long do I have to complete the certification requirements?*

As long as you need! We do not impose time restrictions as we understand that each student has different amounts of time available for studying. Learning all the knowledge and skills necessary to be a competent doula takes time, and we support you in taking however long you need.

*Once I have finished all the work for the course, how much will it cost to apply for certification, and how often do I need to recertify?*

We do not have any additional costs to training. Once you have paid for your course and completed the certification requirements your certificate will be sent to you. We do not require membership or recertification. The skills you have learned are for life! If you need to show evidence of recertification in order to be a member of a local organization you can apply for your certificate to be reissued after providing evidence of professional development. We offer this service at cost.

*If I do more than one course do I have to repeat the certification requirements?*

Several assignments are common to multiple courses. For example, the communication assignment is required for all our courses. Once you have completed it for one course, it does not have to be done again for the other courses you are enrolled in.

*What is the fastest possible time I can complete the course in?*

It really depends on how much time you have available and how quickly you find your two certification births. As a general guideline, it will take 3-4 months if you study for 10 hours a week and find your two birth clients quickly.

Finishing your course quickly though may not be optimal. The skills of reflective practice take time to develop. Taking your time to really absorb everything you are learning might be beneficial for you.

### *Will my certification be recognized where I live?*

Certification as a doula is not required anywhere in the world in order for you to work as a doula. It is a recognition of the hard work you have done in completing training. Some hospitals require evidence of certification before they will allow a doula to work there but generally do not have restrictions on the certification program you chose. If you do experience any problems we are more than happy to write to the hospital administration, outlining our training program and providing them with a document showing the competencies you have developed. To date, this has been accepted in all hospitals where it has been required.

### *Are you pro natural birth?*

We are pro choices! As a doula you will support clients who are planning a natural birth, a cesarean, an epidural, a home birth or a hospital birth. In all cases we support the right of a birthing person to determine their own experience and their right to make informed decisions that are right for them. We do recognize that in most cases vaginal, drug-free birth carries the least risk for both the birthing person and their baby, and for many, this type of experience is profoundly moving. However, it may not be right for everyone - either because it is not what they desire, or because unexpected challenges arise.

### *How do I know if this is the right course for me?*

We offer a refund option to give you an opportunity to review the course materials and determine whether or not this is the right course for you. Once you enroll you will have immediate access to your course materials through the student website. If you look at them and feel this is not the right format for you, just write to us within 48 hours of registration and we will fully refund your payment, less a \$50 administration fee.

### *I am not sure if online learning is right for me. I struggle with reading a lot and find it hard to keep motivated. How can you help me?*

Online learning can be difficult. It is worth bearing in mind that even if you choose an in-person workshop for your training, only the initial learning will take place face-to-face, usually done in a weekend. All the certification requirements are still done by distance and your trainer will only be present for you during the actual workshop. With CBI, your trainer will join you on your journey to certification every step of the way. They will review every assignment and evaluation you submit, providing you with comprehensive feedback and suggestions. They will be able to help you with developing your

own study plan and ideas on how to stay motivated. When you log in to your student account you will also see a list of the assignments required with progress bars so you can monitor how you are progressing. There is quite a bit of reading, although we try wherever possible to provide videos and audio recordings to make it easier if reading is not your thing.

### *What if I need more support?*

Some of our students prefer more support - a mentor to guide them through the different stages of the course, check in with them regularly and help walk them through the business section. We offer the Birth Doula + mentoring package to provide this support.

### *Where can I get more information?*

Take a look through our website (<http://www.childbirthinternational.com>) for details of all our courses and more about CBI. If you would like to speak to someone our team is always ready for your call or email.

Email: [support@childbirthinternational.com](mailto:support@childbirthinternational.com)

Telephone:

USA West (415) 992 5602

USA East (603) 676 7818

UK (020) 7193 0647

Australia (02) 8011 4177



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