

WARM WELCOME BIRTH SERVICES

BIRTH DOULA TRAINING & MENTORING

HEART & HANDS DEDICATED TO SERVING
BIRTHING FAMILIES & TINY HUMANS



Greetings!

Is your heart called to support pregnant & birthing families in having the most healthy, positive, and empowering beginning possible with their babies? Doulas provide a special kind of care to growing families. This has profound positive effects on birth outcomes, maternal mental health, and long-term relationships within the family.

Feminist Midwife Michelle L'Esperance of Warm Welcome Birth Services has trained hundreds of doulas since 2001. This is one of the most in-depth doula workshops offered anywhere, one of very few taught by a midwife who also actively works as a birth doula. The course includes guided practice and teaching with pregnant women and partners, as well as pointers on how to launch your practice. All-inclusive tuition covers your Doula Reference Notebook, approximately 30 hours of workshop learning, a

one-on-one virtual mentoring session, review of your qualifying birth documentation, and the opportunity to become a Certified Birth Doula.

There is a requirement of reading 3 books (list enclosed), and observing online childbirth ed classes. Once you've completed the workshop, you can begin working as a doula! Participants attend a few births on a stipend basis as they begin this work, and I provide guidance about how to meet your first clients.

Call me if you have questions about the workshops or what it's like to attend births as a Doula. I'm glad you're considering this- there is such a need for more trained doulas who care about reproductive justice! *You can be a part of keeping birth whole, healthy, and joyful.*

Sincerely,

Michelle



Michelle L'Esperance,
Certified Professional Midwife

**Register Today! Feb. 18, 19, March 4 & 5, 2023 Amherst or
Northampton MA More dates TBA**

BIRTH DOULA WORKSHOP & MENTORING PROGRAM

"IF A DOULA WERE A DRUG,
IT WOULD BE UNETHICAL
NOT TO USE IT." -KENNELL

Our Birth Doula Training Workshop is your invitation to a deeply rewarding field of work, and is taught by a Certified Professional Midwife who has also worked as a doula for over 25 years.

Approximately 30 hours of instruction, lecture, case studies, practice, multi-media presentation, discussion, reflection & integration give you all the essential skills you need to begin this powerful work. Our course is distinguished by a module on the final day of training in which **every new doula teaches and demonstrates labor techniques to pregnant women and their partners under the guidance of the midwife** as part of the virtual Creative Movement: Practical Prep for a Positive Birth.

"I think I feel as confident about beginning to attend births because of the Creative Movement for Birth class. It was incredible to experience that, going from butterflies in my stomach to feeling completely at ease with the pregnant couples. And it definitely reassured me that we learned so much during the workshop, and that this is the work I want to be doing..."



About the Instructor

The Birth Doula Training Workshop has been taught since 2001 by Michelle L'Esperance, (She/her) Certified Professional Midwife.

L'Esperance is a graduate of Smith College (BA Anthropology) and Manna School of Midwifery. She has attended 550+ births in homes, hospitals, and free-standing birth centers since 1996, including serving families in San Pedro Sula, Honduras. Her practice, [Warm Welcome Birth Services](#), includes birth & postpartum doula work, as well as homebirth midwifery. She is the mother of two sons, is Chilean-American, and is fluent in Spanish. L'Esperance is a Qualified Preceptor with the North American Registry of Midwives, and is dedicated to raising up feminist, LGBTQ+ and BIPOC birth workers.



Warm Welcome Birth Services
Michelle L'Esperance, Certified Professional Midwife
71 Bradford St.
Northampton MA 01060
413.858.5048 business hours only - call or text

WarmWelcomeDoulaWorkshop@gmail.com
www.BirthDoulaWorkshop.com

Topics & Skills include:

- Lifelong effects of the birth experience
- Benefits of healthy birth
- How to help your clients prepare for birth
- Emotional support
- Race & Birth Outcomes
- Amplifying the Voice of the Birther
- Supporting Queer Families
- Guided imagery, visualization
- Informational support & client education
- How to support partners before and during birth
- Supporting the single parent
- Pros, cons, & alts to common interventions
- Dozens of comfort measures for labor
- Acupressure for beginners
- Breath & relaxation techniques
- Intro to hypnosis
- Developing your intuition & touch sensitivity
- Aromatherapy
- Movement, positioning, and sound in labor
- Progress with birth balls and rebozos
- Early breastfeeding support
- Supporting clients through cesarean births
- Postpartum emotional adjustment
- Vaginal Birth After Cesarean (VBAC)
- Basic business organization & publicity
- Pandemic-Adjusted Doula Care
- Continuing education resources
- Prenatal and postpartum appointments

...and much more!

Course Reading

While no medical background is necessary to become a doula, it is crucial to have a good working knowledge of the basic anatomy and physiology of labor, common complications, and standard hospital routines and treatments. Please obtain a *recent edition of your books*.

Required Inspired Reading



CATEGORY ONE- GENERAL BIRTH

Any **one** of the following **birth books**;

- Heart and Hands: A Guide to Midwifery by Elizabeth Davis (best if you are considering a career in midwifery or OB) -or-
- The Birth Book by Sears -or-
- The Complete Book of Pregnancy & Childbirth by Sheila Kitzinger, -or-
- Ina May's Guide to Childbirth by Gaskin -or-
- Childbirth the Bradley Way, S.McCutcheon -or-
- Our Bodies, Ourselves: Pregnancy & Birth by the Boston Women's Health Book Collective.



AND CATEGORY TWO- RACE & BIRTH

- Battling Over Birth: Black Women and the Maternal Health Crisis by Hudson, Arega & Jones



AND CATEGORY 3- BREASTFEEDING

- The Breastfeeding Book: Everything you need to know about nursing your child from birth through weaning, by Sears & Sears -or-
- Ina May's Guide to Breastfeeding Ina May Gaskin -or- Breastfeeding Made Simple, by Mohrbacher and Kendall-Tackett



AND CATEGORY 4- Optional

- The Thinking Woman's Guide to a Better Birth by Henci Goer
- or Optimal Care in Childbirth by Goer and Romano

Short on reading time? Before the workshop, please learn the definitions of the following: uterus, cervix, dilation, effacement, fetus, midwife, doula, obstetrician, placenta, contraction, cesarean, and 1st, 2nd, & 3rd stages of labor. Get as far as you can in your Category One book and we will take it from there together!

Registration, Tuition, and Payment

The **total tuition** of \$900 for the Workshop is all-inclusive and covers course materials, follow-up mentoring, and optional certification process.

Either a **deposit** or **total tuition** must be paid with registration. **Balance** (if you paid only the deposit with registration) is due by 2 weeks before the workshop begins. Tuition is accepted by check, Venmo, Cash App, money order, or credit card through PayPal. There is a small surcharge on partial payments.



General Information

Write to us at

WarmWelcomeDoulaWorkshop@gmail.com with questions or simply to introduce yourself!

Discounts & Special Offers

- **Early Bird Discount!** Pay in full by 4 months before the workshop begins and save \$50!
- **Refer a friend** who attends and receive a \$25 Gift Card! (*think birth books!*)
- **Extended payment plans** may be available.
- **Refresher/Cross-Certification Discount** is available for those who completed a past doula training with any teacher, and want to deepen their skills or get fresh inspiration. \$150 discount off regular fee.
- **Foreign Language Service Discount** for those who are fluent in a language other than English *and will use their foreign language skills to serve as a doula to a disadvantaged population*; \$50 discount.
- **Affirmative Action-** For each workshop session, I personally subsidize \$1200 in tuition fees for people of color and recent immigrants. Curious why? Read these articles and I think you'll agree this is important. [1](#), [2](#), [3](#), & [4](#). If you are interested in applying for one of these spots, please write us and share whatever information you feel is relevant. There is a minimum tuition requirement of 50%; BIPOC may apply to choose their own price within that limit. We'll let you know by 6 weeks before the workshop if funds remain, and whether you received a choose-your-price spot for this workshop.

Covid Safety

Please have several rapid tests on hand. Insurance will very likely cover this cost. Participants must test at least once per weekend. Online spots may be available; please inquire.

Observation of Childbirth Education Classes

As part of your training, you will need to observe a full series of childbirth education classes of at least 6 hours. It is ideal, *but not required*, to observe childbirth ed before the workshop. If there is a cost for these classes, it is not included in your Workshop tuition. Classes will teach or refresh you on labor and delivery, as well as showing you what your future clients are learning. Many childbirth educators are very welcoming of aspiring doulas.

Childbirth Education classes are taught in many locations, such as hospitals, maternity community centers, teachers' homes, and of course, during the pandemic, online. There are excellent independent classes taught by Hypnobabies, Bradley Method and other instructors. You may watch a video Childbirth Education series (minimum 6 hours) or complete an online course of comparable length such as Pain to Power. Local instructor Mollie Hartford of Crafted Birth offers a discounted class for my students. Local/online Hypnobabies instructor Melissa Steffolano has accepted doulas as observers as well.



If you are yourself an experienced childbirth educator, or have attended a childbirth ed series as an expectant parent within the past 12 months, please contact me about alternatives.

After the Workshop

As the role of the doula is a non-medical one, there is no requirement for additional training, certification, or licensure to begin practicing. Doula work is an ideal early step on the path towards midwifery, apprenticeship, or simply as an effective, direct way to nourish & empower women and families. Many Warm Welcome graduates are active members of the Green River Doula Network. Participants in the Warm Welcome training have gone on to launch their own successful private practices as birth and postpartum doulas; to attend births as volunteers with Bay State Midwifery's Volunteer Doula Program and with San Francisco General Hospital's program; to attend births internationally; and dozens have continued in midwifery, nursing, and obstetrics.

A telephone mentoring session is offered at no additional charge, supporting you as you make connections with your first clients and begin attending births. Birth Doulas generally earn \$800-\$1600+ per birth in Western Mass, depending on services they offer and level of experience. Urban doulas often earn \$1800-\$3000+ per birth.

Birth Doula Mentoring and Continuing Ed

For those who want ongoing mentorship as they grow their doula practice, I offer continuing ed classes. Topics we cover include Speedy Birth for Doulas; Better Cesarean and VBAC; Values Clarification, Race & Birth, Self-Care, Preparing Partners, Supporting Families Before and during Induction, Optimal Nutrition, Unforgettable Publicity, Juicy Relevant Prenatal Visits, Paperwork that Works and much more. See www.birthdoulaworkshop.com for upcoming dates.

Coming Summer 2023: Monthly Mentoring Membership! Receive ongoing support and guidance from Michelle and fellowship with other doulas as you get your practice to the next level. Special rate for doulas trained in 2021.

Register for the only Winter 2023 Birth Doula Training! Feb 18, 19, March 4 & 5.

Email for notification of future Workshops.



Still considering whether now is your time to become a Birth Doula? Send me a text and we'll set up a time to chat and answer your all your questions. I can also connect you with a recent student of mine.

Warmly, Michelle

413-858-5048

Tuition and Deposit Details - Also viewable online

The tuition deposit of \$100 is non-refundable, but may be transferred to a future session or a friend. Tuition must be paid in full 14 days before the workshop begins.

Our preferred mode of accepting payments is Venmo (@WarmWelcomeBirth).

Other modes include Cash App (\$MidwifeMichelle). Personal checks, and bank checks are also accepted. Mailing address 71 Bradford St. Suite 3 Northampton MA 01060. Please do not mail cash.

100% of your non-deposit payment/s are refundable or transferable to a future session or a friend **if** you notify me in writing or email by 14+ days before the 1st day of the workshop. Between 8 and 14 days before workshop, 75% of non-deposit payment is transferable. Seven days or less, 50% is transferable. Late tuition payments incur a charge of \$20, and you may forfeit your place to someone on the waitlist.

BIRTH DOULA



Other Upcoming Workshops & Events:

Postpartum Doula Workshop

Speedy Birth for Doulas Continuing ed.

Creative Movement for Birth. For parents, co-taught by new doulas.

Gentler Cesarean/VBAC Weekend
Continuing ed for doulas.

Advanced Doula Training & Retreat

See www.BirthDoulaWorkshop.com and www.WarmWelcomeBirthServices.com for more info on these & other workshops for parents, doulas, and care providers.

