

Childbirth Assistant Workshop

Empowering Women and Families in the Childbearing Year

April 3-5, 2009

The Childbirth Assistant Workshop will give you a strong basis upon which to build your skills as a professional labor assistant/birth doula. You will learn techniques to best support a woman and her family through the miraculous transition of birth.

The 3 day intensive weekend will be spent focusing on the basics of childbirth support including: Comfort measures, normal labor progression, prenatal, birth and postpartum skills, physical assessments, psychological/emotional influences on birth, nutrition, common discomforts and remedies, record keeping, medical interventions, creating Birth Plans. These topics will be covered in a variety of learning styles including lecture, discussion groups, practical skills time and role-playing.

Please join us for what promises to be a most rewarding step on your path to becoming a professional childbirth assistant/birth doula.

This weekend will be facilitated by Betsy Mercogliano, CCE, CCA, RN, CPM and Maureen Murphy, CCA, CCE, CPM. Both are mothers, professional labor assistants and educators.

The workshop will be held at the Family Life Center, 20 Elm Street, Albany, NY. Fee for the weekend including breakfast offerings, a catered dinner on Saturday and snacks throughout the weekend is \$375-500, sliding scale depending on income. We ask that those who can afford the full amount pay it to help defray the cost of those who can not. Upon registration, you will receive a packet including a more detailed outline of events and directions. Deadline for registration: March 20, 2009