

E-Book



BECOMING A BIRTH DOULA IN AUSTRALIA

With Julie Clarke CEA of the Birth Doula
Academy of Australia - based in Sydney

ABSTRACT

The Birth Doula Academy of Australia hopes this guide has provided you with a comprehensive foundation of knowledge to support you in your role. Remember, each birth and each client are unique, so it is essential that you approach each with an open mind and heart. Happy Doula-ing!

[E-book for Birth and Post Natal Doulas in Australia](#)



Welcome to the E-book of the most comprehensive and affordable Birth and Post Natal Doula Courses in Australia.

Julie Clarke has been one of the most prominent Doulas in Australia for over 35 years, has been an inspiration to many in their birth journey and beyond.

Julie has facilitated active birth courses for pregnant couples for over 35 years, had her own two sons using natural active birth skills, worked in a large hospital for 12 years and been instrumental in supporting improvements in Maternity in Australia during all her long career.

Julie loves sharing her knowledge and adores training Doulas as she is keen to leave a wonderful legacy of awesome Doulas for all pregnant women in Australia.

Julie welcomes you with open arms. She is a wise soul who is kind, gentle and spiritual.

This E-book provides you with full information; for the details of our future Vision and Ethics visit this page

<https://www.birthdoulatrainingacademyaustralia.com.au/vision-and-ethics/>

The concept of the Birth and Post Natal Doula is growing very rapidly across the world, especially in the USA and the UK, so naturally AUS follows and with good reason.

This beautiful video on YouTube will show you the Doula origins:

The Essential Ingredient Doula:

https://www.youtube.com/watch?v=u792CxDT7cE&list=PLe7_TJlqY69vn5Lj1j-nMPvLJStB401x&index=2

Here I'm explaining the latest Training Courses available for all Doulas in Australia, from those wanting "Home Study" to "Face to Face"

This video is helpful for you <https://www.youtube.com/watch?v=BEKZJe747z4&t=58s>

Perhaps you've identified a lack of services available to the new mums in your region and there would almost certainly be a huge demand for Doula services for both birth and post-natal Doulas in the near future as there is a growing population however a very severe shortage of qualified Doulas available in the whole of Australia.

REVIEW

ANJO POL New South Wales (Mother of 10)

I have thoroughly enjoyed Julie's DOULA course. Julie has an incredible amount of experience and such a wealth of wisdom in how to be a compassionate support person during the labour and birth process for mothers. I love her passion and desire to continue to learn all she can to stay at the cutting edge in order to provide excellent professional support and teaching. I encourage anyone who is thinking of becoming a doula to enrol with Julie's course as she is definitely one of the best, if not THE best in this particular field. I felt incredibly privileged to have her impart her wisdom to me in her joyous and gentle way. I will definitely be staying in contact with Julie as I step out in a new and exciting area.

Thank you, Julie! God bless, Anjo.

Chapter 1: What is a Birth Doula?

As a birth doula, your role is to provide emotional, physical, and informational support to birthing families before, during, and after childbirth.

This support can range from helping families craft their birth plans to providing comfort measures like massage and breathing techniques during labour.

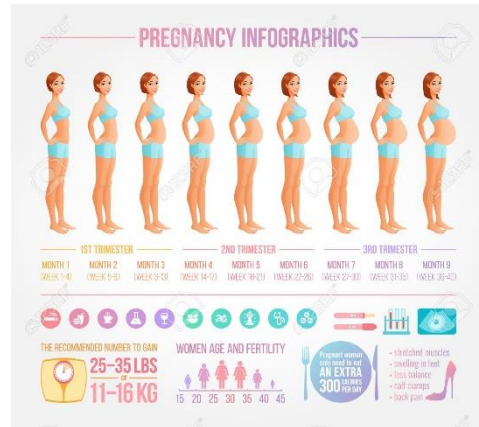
A birth doula is not a medical professional, but rather a **companion** trained in childbirth who offers guidance and support to families during one of the most transformative experiences of their lives.



The word “doula” comes from ancient Greek,
meaning “a woman who serves.”

Research has shown that the presence of a birth doula can have profound effects on birth outcomes.

Women supported by a doula during birth are **less likely to require interventions** like caesarean sections or epidurals, and overall have higher satisfaction with their birth experiences.



It is important to recognize that each birth is unique, and the role of a doula can vary widely depending on the individual needs of the family.

Understanding these needs and being able to provide compassionate, individualized support is at the heart of being a successful birth doula.

Remember, each birth and each client are unique, so it is essential that you approach each with an open mind and heart. Happy Doula-ing!



Chapter 2: The Benefits of Having a Birth Doula

As a birth doula, you play an essential role in the childbirth process.

Your support can make all the difference in the birthing experience for the family.

Here are some of the benefits of having a birth doula:

1. **Emotional Support:** Birth can be an intense and emotional experience for families. You provide continuous emotional support to families during labour and birth and create a safe, nurturing, and positive environment.

2. **Physical Support:** Comfort measures such as massage, breathing techniques and positioning can help facilitate a smoother and more comfortable birth.

The birth doula uses their expertise to provide this physical support, which can help alleviate the discomfort of labour and birth for the family.

3. **Advocacy:** As a birth professional, you act as a mediator between the family and the medical staff, helping the family make informed decisions and ensuring that their wishes are being respected in the birthing process.

4. **Education:** As a birth doula, you provide families with evidence-based information throughout the pregnancy, labour, and birth process which empowers families to make informed choices in their birthing experience.

5. **Positive Birth Outcomes:** Numerous studies have shown that having a birth doula leads to shorter labours, fewer interventions, and a higher rate of positive birth experiences.

As a birth doula, you make a significant impact on the birthing experience of families.

The support you provide can improve the outcome of the birth, create a safe and positive environment and empower families to have a fulfilling birth experience.



Chapter 3: What You Need to Know About Birth As a birth doula, it is important to have a good understanding of the labour and delivery process.

Here are some key things to keep in

mind: 1. Stages of Labour: There are three stages of labour which include the first stage (early and active labour), the second stage (pushing), and the third stage (delivery of the placenta).



2. Pain Management Techniques: There are various techniques for managing pain during labour, including breathing techniques, massage, and the use of water, as well as the use of medical pain relief options.

3. Medical Interventions: Sometimes medical interventions are necessary to ensure the health and safety of the mother and baby. These can include inductions, epidurals, and caesarean sections.

4. Emotional Support: Giving birth can be an emotional experience for the mother and her partner.

As a birth doula, you will be there to provide emotional support, encouragement, and reassurance throughout the birthing experience. By being knowledgeable about the birth process, you can better support and advocate for your clients, while also helping them feel more confident and prepared for birth.



Chapter 4: Supporting the Birthing Person Through Labour As a birth doula, you have a crucial role in supporting the birthing person during their labour. Here are some ways you can support them:

1. Emotional Support: Birthing can be an emotional journey, and as a birth doula, you need to provide a calming presence and reassurance to the birthing person throughout labour.



Listen to their concerns and offer words of encouragement to help them stay calm and focused.

2. Physical Support: As the birthing person progresses through labour, you can provide physical support in the form of massage, gentle touch, and positioning to help them remain comfortable. Provide heat packs, cold compresses, and other items to assist with pain management.

3. Informational Support: As a birth doula, it is your responsibility to share information on the birthing person's progress and help them make informed decisions about their birth plan. You can

also provide resources and referrals for additional support.

4. Advocacy Support: It is important to advocate for the birthing person's wishes and preferences, especially if the birthing person feels they are not being heard or respected by medical professionals.

Be their voice when they need it the most and help them advocate for themselves.

5. Partner Support: As a birth doula, you can also offer support to the birthing person's partner. Provide guidance and reassurance to help them feel more involved and effective in supporting the birthing person during labour.

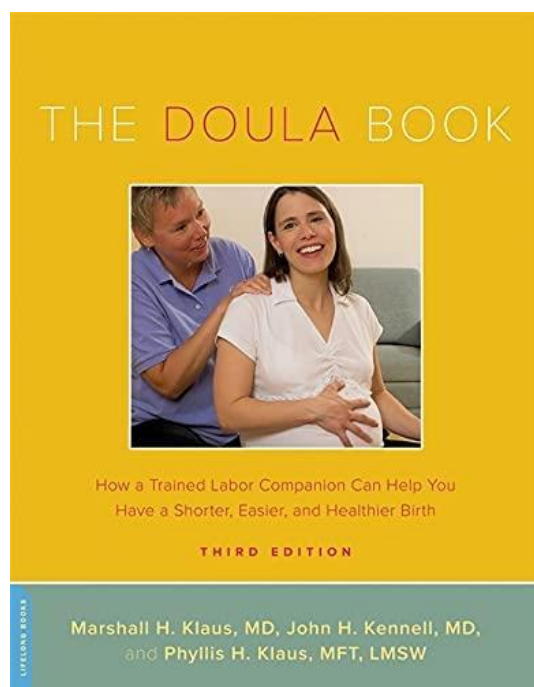
Chapter 5: Supporting Different Birth Plans

As a birth doula, you will support families with a range of birthing plans including natural, medicated, caesarean, and VBAC (Vaginal Birth After Caesarean).

Here are some tips for providing tailored support:



1. Natural Birth: Families that opt for a natural birth experience may choose to deliver at home or a birth centre and may not want pain medication.



As a doula, you can support families through this process by suggesting different comfort measures like massage, aromatherapy, and relaxation techniques.

You can also help the birthing partner understand the process and encourage them to stay present throughout.

2. **Medicated Birth:** Families opting for medicated births may receive pain medication through an epidural or other pain management techniques. As a doula, you can support families through this process by helping them communicate with their caregivers and advocating for their needs.

You can also suggest different positions for labour that may be more comfortable with an epidural.

3. **Caesarean Birth:** A caesarean birth is a surgical procedure that can be planned or unplanned.

Families may feel anxious and may need extra support throughout this process.

As a doula, you can help the birthing partner navigate the hospital environment and be present for the family during the surgery.

You can also suggest different ways for the partner to bond with the baby during the recovery process.

4. **VBAC:** Families opting for a VBAC may have previous birthing experiences with a caesarean section. As a doula, you can support them through the decision-making process and help them understand the risks and benefits of a VBAC.

You can also support them throughout labour and help them communicate their needs to the medical team.





Chapter 6: Postpartum Support

You can gain your second certificate and be doubly certified with your “Post Natal Doula Certificate”

Trust that the Academy will provide the best training.

As a birth doula, your role doesn't end with the birth.

Postpartum support is just as important and can make a significant difference in the recovery of the birthing person.

Here are some ways you can provide postpartum support:

1. **Emotional Support:** It is normal for the birthing person to experience a range of emotions following the birth.

Provide a listening ear, offer reassurance and help them navigate this new chapter in their life as a new parent.

2. **Physical Support:** The physical recovery from birth can be challenging.

Help with daily tasks such as meal preparation, housekeeping and childcare.

3. **Breastfeeding Support:** If the birthing person chooses to breastfeed, offer your knowledge and support.

Help them troubleshoot any issues and encourage them to seek help from a lactation consultant if needed.

4. **Referrals:** If the birthing person needs additional support, such as a mental health professional or physical therapist, provide referrals to trusted providers.

Remember, postpartum support can go a long way in promoting a healthy and positive transition into parenthood.

Are you enthusiastic about the birthing process and supporting women during this transformative time?

Consider becoming a birth doula!

How do I start the training?

It's Easy to book in at the website

<https://www.birthdoulatrainingacademyaustralia.com.au/>

This video on You Tube will explain details of the Doula courses for you:

<https://www.youtube.com/watch?v=BEKZJe747z4&list=PLMk8PZ21U8XQbuPj-P224u3nuALFphrZs&index=23>

**See “The Doula Academy of Australia” Channel
Birth Doula Training Choices for Women in Sydney**





The Birth Doula Training Academy of Australia is proud to offer a comprehensive training course to prepare you for a fulfilling career in this field.

Our training course offers you the knowledge, skills, and confidence you need to support birthing families through the entire process - from prenatal care to labour to postpartum support.

We provide a holistic approach to learning that covers the physical, emotional, and social aspects of childbirth.

With our training course, you'll learn how to provide continuous support to the birthing person and their family, advocate for their needs and preferences, and work collaboratively with other healthcare professionals.

Our curriculum is designed to be flexible to fit your schedule and lifestyle.

You can complete the training online or onsite, depending on your preferences.

We understand that each person has their unique way of learning.

Therefore, our course offers multiple learning opportunities, including online webinars, on-site workshops, and e-books for further study.

Our team at Birth Doula Training Academy of Australia is committed to providing you with the guidance and support you need to succeed in your new career.

As a birth doula, you'll be making a meaningful difference in the lives of birthing families. You'll be there to support them every step of the way, providing comfort and guidance as they navigate this transformative experience.

By becoming a birth doula, you can feel a sense of purpose and fulfillment in your career while making a positive impact in your community.

**"Remember this, for it is as true as true gets:
Your body is not a lemon. You are not a
machine. The Creator is not a careless
mechanic. Human female bodies have the same
potential to give birth well as aardvarks, lions,
rhinoceri, elephants, moose, and water buffalo.
Even if it has not been your habit throughout
your life so far, I recommend that you learn to
think positively about your body."**

Ina May Gaskin, *Ina May's Guide to Childbirth*

facebook.com/inaMayGaskin



Invest in yourself and your passion for supporting birthing families by signing up for the Birth Doula Training Course today.

Join our growing community of professionals who are dedicated to making the birthing process the best it can be for everyone involved.

Frequently asked Questions

Doulas are also known as Childbirth Assistants, Labour Support Professionals, and Birth Companions

Doulas are trained by Julie to provide emotional, physical and informational support during pregnancy, labour, birth and postpartum, through the first year.

Doula connections create lasting bonds of friendship with the families they help. Doulas are the birth companions at any birth in hospitals, birth centres, and homebirth.

Doulas are not employed by hospitals in Australia, they usually have a basic simple contract agreement with the pregnant woman who requires their service.

They are available to help all mums and dads-to-be to have a more positive, relaxed, easier birth experience.

The Doula does not replace the midwife who is medically trained and responsible for monitoring, assessing and safety.

The Doula follows the birth preferences listed in the pregnant woman's birth plan to fulfil her needs and desires during the birth experience.

Is there more awareness and a growing demand for Birth Doulas?

Most certainly Yes! Many women who want a Doula to help them through the birth can't get one as they often discover they are all booked out well in advance.



Each year in Australia we have over Three hundred Thousand babies being born and that's a lot of babies!

Most of the women who want to have a Doula miss out on this essential service.

During December - January and other school holidays a lot of Doulas spend time at home with their children instead of working; creating another time of shortage.

Australia needs lots more Birth Doulas. There is a real shortage.

If you train in Sydney and then relocate to Queensland or another state, you'll be assured of plenty of potential pregnant clients no matter where you are situated.

You are able to practice as a Doula anywhere in the world.

Doulas are well known, common and popular in both the USA and the UK, New Zealand, The Netherlands, and Australia.



Did you know the Royals; **Kate Middleton** as well as **Megan Markle** have engaged the services of a Birth Doula for their own births?

Yes! The news hit the headlines.

Apparently, everyone in London was asking each Doula "Are you the chosen Doula?"

Why Become A Doula?

The feedback Julie has received from her Doulas is they love how empowered they feel.

They have learned more than they expected to, it was easier than they thought it would be, she surprised them with her kindness and high level of support and they are totally in control of how they run their own lives, their own business and their decisions. Be sure to read through all the reviews at the end.

Birth Doulas are able to provide help and guidance and gentle kind care throughout the hours of labour for the labouring woman and her partner.

Some trained Doulas work voluntarily and prefer to simply support their family and friends at their church.



Other Doulas will create a micro business with a website and have a limited number of clients. They might charge between \$500 and \$4000 or more depending on what level of experience

and how many services they provide which will grow over time as they add say for example massage, photography and post-natal doula training or breastfeeding counselling to their skill set.

They may do between 1 to 4 births per month and may result in an income up to \$10,000 per month.

They control their own workload by choosing how many births they attend per month or year.

Who is ideal to train as a Birth Doula?

Women of all ages who are kind, gentle, caring, sensitive, compassionate, and have empathy for other's feelings.



The best Doula training course will enhance these qualities in you and a skilled facilitator such as Julie Clarke will also guide you in fine tuning your intuition, instincts and open up your confidence in women's wisdom.

Are Doulas warmly welcomed and accepted by midwives in the delivery suites, birth centres and at homebirths?

Most certainly yes! They are grateful for the extra help and assistance in our understaffed hospitals.

Are Obstetricians happily endorsing the work of Doulas?

Most certainly yes!

In 2017 the American Obstetrician's Association developed an official Policy to endorse every laboring woman to have access to the care and support of a trained Birth Doula to care for them throughout their labour and birth experience to reduce the need for medication and intervention such as cesarean section and enhance a normal birth such as waterbirth and active birth. The benefit of Doulas is evidence based by research and statistics.

Is it true you need to be a nurse or midwife or doctor first?

No, not at all. There is no prior training required as Julie will cover everything necessary for you to be a qualified certified Doula.

It may be favourable after you have completed this training to obtain a first aid certificate, or a photographic course completed or a massage qualification but not at all necessary.





Is the course quick and easy to complete?

Yes it is with Julie's guidance you will be amazed how quickly and easily you'll soak up the knowledge.

Are partner's happy to have a trained Birth Doula present to assist?

Yes, as it takes some of the pressure, physical stress, and emotional burden off the partner by sharing the load over 2 people especially with a long labour.

Is Julie a qualified Facilitator, Birth Educator, Trainer and Assessor?

Yes she is fully qualified and very capable of teaching you to a high standard without any of the stress of exams, endless pages of assignments, time consuming homework.

Julie is very capable of assessing your knowledge and supporting you in a variety of ways of learning to a good competent standard.

Will Julie be available to keep on helping, supporting and mentoring me after the course is over?

Yes, most certainly, Julie provides ongoing mentoring support for all her trained Birth Doulas.

The close friendship continues.

You will have access to Julie via text, email, phone, zoom, skype and whichever other options suit you best.



All Birth Doula Training course dates are listed on this website or call Julie now 0401265530 for more options, she will warmly welcome your call.

When am I allowed to begin attending Births as a Doula?

As soon as you have successfully registered a placement in the course by full payment and filled in the enrolment form

you are ready to have the discussion with Julie about attendance at your first birth as a Doula. Julie will guide you step by step through the process.

When do I receive my Certification of Completion of the Birth Doula Course?

On the final day of the course your beautiful certification endorsing your new qualification will be handed to you to cherish.

You will be delighted at your achievement and what excitement your future holds of attending Births and helping women and their partners have amazing empowering births for their beautiful new babies.



Do you have a payment plan available for each of the Doula Course Options?

Yes, PayPal payment plan of 4 split payments is widely used and popular.
Or by negotiation with Julie.

Full payment must **be completed prior** to commencement of the course.

All fees must be paid prior to the course starting, which is a standard requirement of any vocational course.

A vocational course means it will assist you towards working and earning money for your own employment in the future.

View the Birth and/or Post Natal Doula course as an investment in your future towards owning and running your own business.

Can I earn a good income by being a Birth / Post Natal Doula?

Yes, the average is between \$500 and \$4000 per birth.



Everyone has bills to pay so it's only fair to value your time and dedication with a fair price.

At the very start you may prefer to keep your price low for a while as you gain experience and very soon your confidence will grow, and you will feel comfortable charging a normal rate. I explain this fully in the course.

Most Birth Doulas book around 1 to 4 births per month depending on other commitments.

Within a short while you will have earned back the money you spent on your training.

Does a Doula have to have had a baby before the Doula Training?

No, not necessary, as the most important aspect is to be empathetic and compassionate.

Experience can be helpful of course, so if you've had a baby great, if you haven't had a baby that's great too.

Does a Doula have strict guidelines, is this a regulated industry, are there rules and ethics?

No. This is a completely unregulated industry, so you do not have re-registration fees, no you don't have to buy insurance.

Nothing is compulsory.

Julie does guide all her trainee doulas through ethics, yes to ensure a smooth life as a Doula.

Is there a correspondence Birth Doula Course option available?

Yes, there is a correspondence course referred to as the Home Study / Online course for Birth / Post Natal Doula's who are unable to travel to Sydney.

You'll receive the package by post to take a year to complete the answers in the Workbook.



But don't worry if you want to change your mind and attend in person you can follow the answer to the next question...

What if I start the correspondence Birth Doula Course and then decide I want to come along to attend one of the other face to face options?

Yes, it's perfectly understandable that once you have a feel for the Birth and/or Post Natal Doula Course and your confidence has increased, you decide you'd like to take it a step further and attend in person and enjoy the small group atmosphere.

Julie will kindly support you in this journey by allowing you to put "the \$course cost" already invested towards options which will suit your schedule. The deduction of "\$the course cost" will make the attendance / face to face course more accessible and affordable for you.



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Will I receive a “Certificate of Achievement” if I complete the course workbook with Julie? YES

Yes, the Doula Certificate provided by the Doula Academy of Australia is signed and dated by the trainer Julie Clarke and proves you are qualified and that you have undertaken the "Birth Doula" course.

Future clients will be quite satisfied with viewing a copy of the certificate in your portfolio (The trainee Doula will be guided through how to put together a good simple portfolio to show clients).

Pregnant clients will also be able to view this website if they want to know any detail about the training.

Julie is professional and transparent; you can be assured of being well informed and well trained as we provide a high-quality course without unnecessary steps to the learner / trainee.

Will I be fully qualified as a Birth Doula or Postnatal Doula anywhere in Australia and the World if I train with Julie Clarke? YES

Yes, correct, once you have completed the relevant workbook and Julie has marked it and returned it with your certificate of achievement you are fully qualified and ready to commence.

Does Julie allow trainee Doulas to attend births during their training prior to gaining their certificate? Yes

Yes, it's a wonderful way to gain more knowledge.



Does Julie bring trainee Doulas to births with her to learn? No

Honestly, it's not the right thing to do. To burden a labouring woman with trainee apprentices is not fair and a bit mean. If the woman has chosen a trainee great but this should not be imposed on her.

Do you withhold the Doula "Certificate of Achievement" if I do not have a current First Aid Certificate? NO

NO! Not at all. Julie will be delighted to present you with your certificate at the end of the final day of the actual course, not some time in a few months later.

You have earned the Doula training course certificate of Achievement and you are well deserved to hold it proudly.

If you would like my suggestion, then yes having the First Aid Certificate is a good responsible course to do however not essential.

Do you withhold the Doula Certificate of Achievement if I have not yet attended any births as a Doula in training? NO

NO! Not at all.

You have done all the educational work required including all the practical "hands on" skills you need so you absolutely DO qualify to have the Doula training course certificate of Achievement.



Julie will provide you with your certificate on the last day of training freshly printed, in a protective sleeve, for you to take home and celebrate with your family and friends and enjoy that great feeling of achievement.

Do I have to do a Cert IV for Doula Training to be qualified? NO

NO! Not at all.

As this is an unregulated industry and likely to remain that way for the long-term future there is no sensible reason to undertake excessive training demands or expense that is not actually needed or required.

It is not necessary, it is pointless so why spend the extra in time, resources, and money?

A trainee Doula **does need a great trainer** who is focused, dedicated, can provide flexible options, high quality training to meet your own needs and requirements, a trainer who will personally connect with you, listen to you and help you in your journey.



You want someone who you can communicate with easily, who you can call directly anytime for help. You might like to test that out actually and contact others and see what the response is like. It's probably the best way isn't it to test out the quality of response?

Come along and train with Julie Clarke in Sydney Australia over just 5 days or more. **She makes the training, quick, fun, stress-free, no exams or pressure.** You will be amazed how much you will gain personally and learn professionally.

This training is so enriching. You'll have great notes to take home, to keep referring to anytime you need.

This is a truly rewarding job with the most heartfelt joy and thrill at the sight of the gorgeous new baby arriving!

Julie has created the course with no heavy assignments, no terrifying exams, it's all relaxed, friendly, interesting, easy to absorb all the information given Julie's amazing gentle style and incredible skill to pass on womanly information.

Julie, a mum of 2 sons, born naturally, has been a Doula at well over 150 births over 30 years, has the most amazing passionate commitment which is completely wholesome, infectious, fun and upbeat.

Is there much work for Doulas?

Yes, lots of women wish they had another woman to care for them during their labour for a variety of reasons.

Last year there was over 300,000 (three hundred thousand) babies born around Australia, which is a lot of potential clients isn't it?



What if I can't afford the Birth and/or Post Natal Doula Training with Julie?

We now have the convenience a payment plan using PayPal splitting in to a more affordable 4 payments spread out for you over 4 months, which has made it so much easier for everyone. The option of asking family and friends to purchase gift certificates for you for your Birthday gift, Christmas presents, and Mother's Day presents could accumulate enough to assist you towards being able to purchase the course. You will find the option of gift certificates in the bookings/shop section of the website. Or perhaps you are in a close-knit community such as a church group who may be able to provide sponsorship by raising funds to assist you, so in turn you'll be enabled to provide trained birth support to the parish you belong to. Do you think it might be possible for you to create for yourself a Facebook Page "Go Fund Me to Become A Birth / Post Natal Doula?"

PAYMENT PLAN: I can accept 4 payments of \$222 One per week

Anything beyond that is time consuming extra admin work

You may use the PayPal payment plan system which is what I prefer.

see link below for the paypal info

There is a payment plan available using your paypal account here's the link to explain it: <https://www.paypal.com/au/webapps/mpp/paypal-payin4>

Have you heard of any of the financial assistance programs?

<https://www.missionaustralia.com.au/what-we-do/employment-skills-training>

Mission Australia is a large charity organisation across Australia that assists people who want to do training but can't afford it for themselves. You might want to look into it by asking around those in your community who may be able to provide some information about Training assistance programs.

Perhaps try **Centrelink** or a Social Worker or try doing a Google Search for your region and ask friends and single mums what they might be able to share with you.

I've already had some women from Queensland and Victoria be able to do this training through those assistance programs.

<https://www.missionaustralia.com.au/what-we-do/employment-skills-training>

I have been excited and passionate about all things to do with pregnancy and birth forever. I am sure this is my calling to become a trained Birth and / or Post Natal Doula and I am so excited at the opportunity to go ahead. I am in a position to pay upfront, and I want to get started as soon as possible.

What do I do next?

The next steps for you are:

1. Choose your preferred attendance dates and book it on the website <https://www.birthdoulatrainingacademyaustralia.com.au/>
2. Choose your preferred payment method: PayPal, visa, Mastercard, direct deposit or cash
3. Fill in the enrolment form and either email or post back to Julie
4. Be excited to get started!



Birth Doula Training Academy of Australia

Book in online 

Use code **STARTNOW10** to enjoy 10% off

We Are **offering**
Home Study Online
Birth and Post Natal Doula Course Training

 julie@julieclarke.com.au

Most affordable in Australia

be qualified with a certificate
0401 265 530

Take a photo of this sign
&
Scan the QR code 

Is this course tax deductible?

Yes, it is for those who go on to attend births and be paid by clients.

Not everyone is concerned about this and that is fine, however for those who are concerned it is always wise to **consult your accountant** about the fine details of your own personal and business financial situation.

Important: Prerequisites are to be a kind, caring compassionate person who simply wants to help other women in their journey to motherhood, it is **not necessary** to be a nurse or a midwife or any other qualification to train as a doula.

Doula training course is open to all women of all ages, there are no restrictions, and you will be warmly welcomed.

Julie is motivated to share her 30 years of experience as a Doula with extensive birth knowledge with all her trainee doulas.

How does she share her knowledge?

Julie has written the most amazing comprehensive, yet simple and easy to follow, Doula Course Workbook which will provide a structure for your learning at your own pace week by week.

The amazing workbook is filled with all the best ideas to get you started on this fantastic journey, beautiful pics which will convey some of the incredible concepts that words can't convey, all the "how to's" on attracting and meeting clients, how to conduct the first coffee chat interview, basic counselling techniques, communicating effectively with clients, meeting the woman's needs physically and emotionally.

Hypothetical exercises are a fun way of exploring lots of "What If" situations and Julie has added these all to the workbook to enable plenty of exploration for preparing Doulas for a variety of smart solutions.

There is a complete overview of Pregnancy, labour, birth and early Bonding to assist Doulas gain thorough knowledge of every step along the way.

Quick ready reference tables to signpost all the steps through all the labour phases empower Doulas to be very knowledgeable and confident.

Guidelines on being a respected, balanced, professional and successful happy Doula are provided.

Notes pages help Doulas keep all their jottings, extra thoughts and ideas all in organised locations in the workbook.

Presented in a clear, concise, simple, straightforward way the workbook is a brilliant inspirational valuable asset for the Doulas to keep referring to for years to come.



Would you like specifics of what topics are covered in the Birth Doula Course?

The Contents page from the Birth Doula Workbook:

- 5 Welcome Introduction
- 6 Birth Doulas How to Get Off to A Great Start with 20 Constructive Positive Tasks
- 8 Journaling will help you develop personal Insights on your Amazing Birth Doula Journey
- 9 List What Would You Love to Achieve
- 10 Birth Doulas are the Future in Maternity in Australia as we Face a Birth Boom and Falling Staff Levels – Birth and Post Natal Doulas will be in Hot Demand
- 12 Legal Agreement to sign and return to Julie to gain the Birth Doula Certificate
- 13 How You Can Start Up A Birth Doula Business in Australia
- 16 Goals & Aims for You as a Birth Doula
- 17 Birth Doula Client Form (sample)
- 18 Towards Normal Birth Dept of Health NSW Policy to improve safer outcomes
- 21 Consider yourself as a Birth Doula
- 22 Self Reflection Q's to prepare yourself for client interviews
- 23 Rehearsal for Answering Clients Qs during the Interview
- 24 Doula charges and payment plan – your choice
- 25 Interview goals – what do you want to achieve?
- 27 What to Pack in Doula "Goody Bag"
- 28 Book Reviews: fill in your insights
- 30 Resilience in Business
- 31 Julie's Affirmations for her Birth Doulas
- 32 Inspirational Quotes from Tony Robbins – see "I am Not Your Guru" on Netflix
- 36 Mind Map Journaling
- 38 Self-Growth and Self-Awareness
- 39 Short Answer Questions Gays/Surrogacy
- 40 Common Pregnancy Discomforts and their safe natural remedies
- 47 The Ideal Birth Doula – identify and describe in your own words to create the clear visualisation to aim towards
- 48 Short Answer Definitions: Labour
- 49 Short Answer Q's Hazards in Pregnancy
- 50 Short Answer Q's Natural Active Birth
- 51 Mindfulness Questions
- 52 Questions: The Role of Hormones Short answers required
- 53 Questions: Hormones During Labour Questions – short answers required

- 54 Questions: Relaxation
- 55 Questions: Visualisation
- 56 Questions: Active Birth
- 57 A Guideline To Create A Positive Birth Plan – not one filled with don't do this and don't do that – always focus on the positive of what we "DO" want instead of what we "Don't" want
- 59 Informed Consent: Communication with MW and OB – Client is responsible for communicating and asking questions. The Birth Doula assists with suggesting Q's
- 60 Aromatherapy Oils to use during Pregnancy Labour Birth and Beyond
- 61 Nutrient Research Exercise – identify RDA's Recommended Daily Allowance for Pregnant Women and fill in table
- 63 Learn by Observing & Critique You Tube births – answer the questions to gain insights
- 69 Short Answers: How to Turn a Breech Baby
- 72 - 82 Complete Overview of Steps through Pregnancy – Labour – Birth – Post-partum
- 83 Suggestions of What to Try Safely if Overdue (post 40 wks)
- 85 - 90 The Good Guide to the final weeks Pregnancy, stages of labour, Birth, Breastfeeding
- 91 Birth Options Table: Interventions and Locations "What happens where"
- 92 Questions to answer: How Doulas can support in Medical a variety situations – when the client is experiencing Medical Interventions and/or Medications
- 97 Ways to become Relaxed in Pregnancy
- 101 The Seven most Frequently Asked Questions about Labour
- 103 How to Identify the labour progress for Doulas
- 106 What items need to be packed for Labour and/or assembled for a Home Birth
- 108 Midwife Phone Assessment Q's Prior to Admission – Typical q's a midwife asks
- 109 Recovery and Healing after an Episiotomy
- 110 The Epi-no Childbirth Training and Pelvic Floor Exerciser
- 112 – 119 Scenarios and Solutions for Doulas
- 120 Ways to Stimulate a Slow Labour
- 121 What to do when the Waters Break
- 122 Life Skills: Overcoming Anxiety
- 123 Special Table of Birth Doula care during all phases of labour
- 126 Insights for Doulas: Survivors of Sexual Abuse; how to support them
- 130 Insights for Doulas: Understanding the Profile ACOH; Adult Children of Alcoholics
- 133 A Sample Birth Plan (that worked)
- 138 Online or Face 2 Face Birth Doula Course Evaluation (post or email)
- 140 Congratulations message from Julie upon completing the online course



This list just gives you an idea of the extensive richness of the course inclusions:

The finer art of all the important comfort measures for labour, the active birth positioning and details for effective pushing positions, maintaining an intact perineum, magnificent massage techniques that make

women release and relax, the details of breath work, conserving the labouring woman's energy so she's not exhausted, how to deal with breech positions, acupuncture acupressure points for overdue and during labour, suggestions for challenging situations, tips on how to observe and listen carefully to a labouring woman to be able to match up your skills with what she needs at the right moment.

How to help women use their own facilities at home during pre-labour and early labour prior to coming into the hospital, the use of hospital facilities and being aware of how hospitals vary in what they offer.

Waterbirth, benefits, setting up, what to expect. Stages of labour. Enhancing partner's role.

Being part of the team if other friends and family are present.

Maintaining harmony and calmness during challenges.

Physiology, anatomy, hormones. Enhancing partner's role, boosting his/her confidence, ensuring he/she is taking care of themselves with sufficient food, breaks if required. Bonding and the first breastfeed.

Follow up appointments debriefing the birth experience afterwards.

Video footage of births.
Photographs. Power-point.
Small group discussions.
Delicious lunches. Laughs. Fun.



You will be astounded by how much you gain personally as well as professionally from attending this course with Julie.

The Doula Course choices

Correspondence Home Study / online (1 year) the Birth Doula plus the Post Natal Doula or the best value package to gain both certificates and be double qualified you can obtain a discount with the special Combo deal

5 Weeks The relaxed Doula Course **one day each week** is ideal for those living across Sydney who want to attend in person but with an easier pace spread out over 5 weeks, usually Tuesdays (or) Wednesdays 9am to 5pm (flexible)

5 days The Doula course on Thursday, Friday, Saturday, Sunday and Monday all day inclusive

Attendance at the Doula Academy Studio learning and interaction within a small intimate group, as a pair or an individual.

It is particularly smart to bring a friend who lives in your region to train together as Doulas so you can "back each other up for births" if one is sick or busy the other can respond. Having a buddy or partner can be an awesome support.

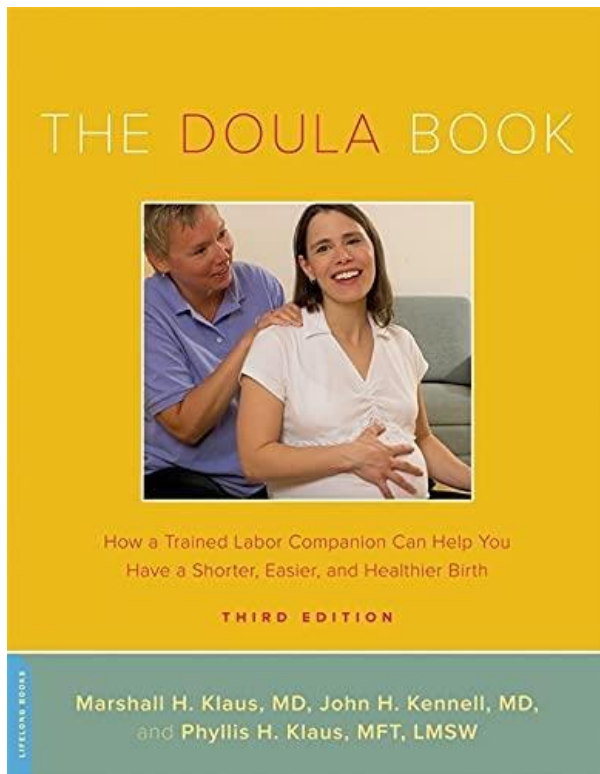
The extras in the package of this course involves a very big plus for any trainee doula.

The valuable experience of attendance at BOTH the new Mindful Hypnobirth course AND the Transition into Parenthood course, as an observer of the session to gain insights into how to communicate with pregnant couples by tuning in to the way Julie mindfully describes labour and birth, the power of the mind and body working together, breathing, relaxation, visualisations, practical comfort measures for labour and her answers to the group's interesting questions.

Watch, listen and learn how to interact with pregnant couples to inspire them to aim towards birthing normally and working as an awesome effective team with their Doula.

#Important note: Julie will not normally allow "extras" into the Transition into Parenthood or the new Mindful Hypnobirth course, **however she extends this special privilege to her valued Doula students during their training**, and it is one of the most significant contributions to their understanding of the whole journey.

Breastfed babies who are not mobile yet are welcome



Be Excited!
Ready to get started on a new wonderful life, you will be in charge, you are your own boss, you get to make all the rules and make the important decisions, how many clients to take on per month or per year, when you work, when you take a holiday break and for how long ?

Step 1 Secure your position in the course with your full payment and become part of the tribe as a member.

Step 2 fill in the fun enrolment form

Step 3 attend, have a great time learning and receive your certificate of Achievement on the final day



View the contents page from the **Post Natal Doula**

Doula The Essential Ingredient Q's	page 4
Ina May Gaskin YouTube Video Questions	page 5
Tedx Talk Video Who .. Doula Questions	page 6
Focus topics for Post Natal Doulas	page 7
Program Agreement	page 8
Introduction and Welcome	page 9
Certificate Instructions, How to get	page 11
16 Steps to a Post Natal Doula Business	page 13
Your Goals and dreams	page 15
Post Natal Doula Client Form Sample	page 16
Initial Interview Coffee Chat Ideas	page 17
General Questions to Expect	page 18
Service Options To Offer	page 19
Pack Your Post-Natal Doula Bag	page 24
Affirmations for Post-Natal Doulas	page 25
Parenthood and exploring Support	page 26
Reflection Questions of Your Experience	page 27
Social Changes of Baby Care	page 28
Importance of skin to skin	page 29
Common Physical Emotional changes	page 31
Solutions for 1 st week changes	page 32
Parenthood	page 33
Your Own Reflection	page 34
Depression and Family Breakdown Cycle	page 35
Being A Dad	page 36
Sensitivity of Post-Natal Doulas	page 40
Highest Priorities for Doula	page 42
Newborns Reflexes	page 44
A Summary for Post Natal Doulas	page 45
Pack the Baby's Nappy Bag	page 51

Breastfeeding Questions	page 52
BIG hint best answers	page 63
Tired Signs in Babies	page 64
Baby will NOT sleep	page 65
Baby Blues and PND Q's	page 66
Reduce risks of SIDS	page 72
Bedmaking for Baby	page 76
Nursery Floor Plan	page 77
Tallboy chest of drawers	page 78
What to Buy for Baby	page 79
Caring for Summer Baby	page 84
Care for Winter Baby	page 85
Reasons a Newborn Cries	page 86
Soothing and settling Babies	page 97
Life Support under 12 months	page 98
Life Support over 12 months	page 99
Dental Health for Baby Teeth	page 100
Nappy Rash Solutions	page 101
Natural Baby Remedies	page 102
Food Sensitivity in Grizzly Babies	page 105
Wrapping Swaddling to sleep	page 108
Expressing Breastmilk	page 110
43 Reasons to Carry your Baby	page 112
Baby Wearing	page 113
Play and Development for Babies	page 117
6 months Turning Point for Family	page 118
Loving Fun – Reconnecting Parents	page 119
Good Food Ideas	page 126
Intro Solid Food for Baby	page 128
Returning to Work and Breastfeeding	page 137
Hypothetical Situations complete Q's	page 137
Words of Wisdom	page 143
Time in Discipline Approach	page 147
Growth and Development 1-5yrs	page 149
Your Pet and the New Baby	page 155



Renee's Experience with the Doula Course

I first came across a video from Julie when I was looking for a doula course. Her voice stood out to me right away and how peacefully she spoke. She is confident in who she is and the value she can bring. She never "over-sold" her service.

She made me curious as she spoke highly of women-empowerment and spoke about birth as if it was pure wonder. I called Julie right on the spot and she spent more than 20min with me, explaining her Training Program, which was highly flexible which is what I need at this stage of my life. I had a good feeling about her competency and genuine compassion. I told her that I had an insecurity about my dyslexia and she left me feeling affirmed that I'm "safe with her".

I think this is the most valuable trait of a great doula, and I definitely have felt safe with her, at every step of the training. If I was looking for a doula myself, she is definitely the one I'd want to learn from. I completed Julie's work books and loved the way she guided me to dig deeper and research my own answers.

She regularly asked about what I would do in a certain circumstance as a doula, which helped give me the confidence to see myself as a doula, although I was still in-training.

I felt she was great at coaching me to see myself where I want to be, and to remember that learning is a lifelong journey.

I also booked to see Julie face-to-face at her cosy home for 4 full days of mentoring.

She was so flexible and worked around my schedule. I saw her 3 times and we left the 4th meeting till after my first client's birth. We spoke for hours and I learnt so much in such a short amount of time. On top of the valuable Information I learned, I was very inspired and I felt confident that being a doula is truly the path for me. Julie is incredibly generous. It was so nice to meet an experienced doula who still loves birth with such a passion and an awe for birth.

She has a great desire to see couples empowered and be supportive of each other, and to see healthy families in our society.

REVIEW

Tess Batchelor Victoria, Australia

I have not long commenced the home study course for my dream to become a successful doula and postpartum doula. I am absolutely blown away by the content of the course Julie has created and the constant support I have already received from her. I truly am so grateful that Julie inspired me to take a risk and to believe in myself and to go ahead with this passion of mine. I really feel like I have formed a friendship and trust with her and I am looking forward to getting further into my studies so i can launch my business and receive my certification.



REVIEW

RENEE SCIFO, New South Wales

This course is amazing!!! I completed my Doula training with Julie in November 2016 and loved every minute. Unlike other courses I attempted to complete, this was the first one that I looked forward to every week and actually completed!! My ultimate goal is one day pursue a midwife career but with my education background, it just wasn't in the foreseeable future right now. But I was keen to find something along these



lines to gain experience and this course is perfect! A friend of mine tagged me in Julie's first Doula training add and I jumped straight in and was immediately dazzled by Julie's explanation of what her curriculum entailed. I booked in and attended the first session and didn't want to go home. Julie is such a calm spirit who draws you in with her 30 years of Doula wisdom. She has a way of explaining every detail to which there is no confusion. Our workbook that Julie put together herself is jam packed full of useful information, tips and trade tricks that helped me immensely during my first birth in February. My first birth was indescribable. I applied everything that I was taught by Julie while with the labouring mother. I learnt things in my very first birth that I never knew during my own pregnancies. I cannot wait for my next birth! You can't go wrong with this Doula Training !

WHAT'S THE DIFFERENCE

Doulas

- Help a woman and her partner understand what to expect during labor
- Help create a birth plan
- Are trained professionals who provide continuous physical, emotional and informational support to a mother (and her partner) before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible (dona.org)
- assists with non-labor needs
- assists regardless of your choice of care provider: midwife or OB
- implement comfort techniques to: reduce the likelihood of Cesareans, reduce low APGAR scores in babies, reduce the need for medication (if mom doesn't want them), and improve birth experience

Midwives

- are traditional care providers for mom and baby
- trained health professionals
- delivers babies
- performs clinical tasks
- performs examinations
- provides medical advice
- performs minor surgeries
- diagnoses and treats
- works for mom

Both...

- have their place alongside mom in the birthing journey
- can work in harmony to provide the care a woman needs, in different ways
- see the value in the other's services, and don't work against, but rather alongside the other, for the good of mom and baby

IN A DOULA & MIDWIFE?

www.birthdoulatrainingacademyaustralia.com.au

Birth Doula Courses in Sylvania



learn how to mother the mother

Choose from Home Study or in person courses based in Sylvania. 5 week courses during winter are coming soon for only one day per week. Easy, fun and affordable. No previous experience nec visit <https://www.birthdoulatrainingacademyaustralia.com.au/>

Courses open to all women of all ages. No prev qual req. though motherhood an advantage.

A Doula (Greek term) means to help or serve the woman and has been used for decades in the USA, the UK, NZ and AVST to refer to professional birth support people, who provide physical and emotional support for women during their pregnancy, birth journey and during their first year of the motherhood journey.



Take a photo of this sign

The Doula courses are suitable for grandmorth-to-be or those women looking for a fresh new start in life with a new career as their own boss with a small business. Take on 4 clients a month at \$1000 each or more, with experience, for a good income in the future.

See the website for all the information or call Julie Clarke 0401265530

If you love learning all about birth and babies this is the course for you. It could be a stepping stone to Midwifery

