

## **Become a MotherMe Certified Birth and Postpartum Doula –**

### **Our Mission Statement**

- Provide training, mentoring and certification for doulas and a community of sisterhood.
- Provide a community to empower mother's freedom to make informed decisions for her options in family-centered MotherBaby care.

### **What Makes Us Different –**

- A **MotherMe Doula apprentice** is a person who prepares to become a skilled certified doula through planned, supervised work through the mother's prenatal to postpartum care, plus related classroom instruction.
- The apprentice, when working on the job, is a regular part of the birth team who learns from observation & participation, while acquiring an important skill.
- The **MotherMe Doulas** apprenticeship training period ranges from one to three years.
- Apprentices are taught the emotional, physical and informational support appropriately given to women and their families.
- Classroom work is required in subjects related to our trade, as a complement to actually working with mothers and families before, during and after birth.

# Orientation Summary

Who we are and what we believe:

MotherMe was founded to fill in what we perceived as a gap in face to face support and training that other certifying organizations did not provide. We believe that to truly train and produce the most effective and professional doulas, education must be offered in Antepartum, Intrapartum and Postpartum support. We believe these times in motherhood spill into one another with subtle to dramatic changes, just as the trimesters of pregnancy. In order to truly understand one you must understand how each part affects a woman and her family.

We also believe that face-to-face on going training, support and mentorship not only produces professional, competent doulas to go out and serve, it also builds a protective and nurturing community for the doula to seek counsel & support; to be able to nourish her own soul in a calling that sometimes leaves us emotionally and physically drained.

We are a local, D/FW based organization which allows us personal time with our training doulas. We have more than 20 combined years of experience as doulas ourselves; this has given us great insight as to what is most beneficial to new, fledgling doulas.

## Join our excitement!

We are excited as we enter this next step in our growth as Doulas, Childbirth Educators and Midwives.

We are excited to see our years of daydreaming about this organization are finally coming to fruition through you!

We look forward to guiding you through this most incredible journey as you learn to support and guide women through the most sacred time in their lives!

Love and Blessings!

MotherMe Doulas founding mothers...

Brenda Shumway, CMMD, LCCE

Sheralyn Williams, CMMD

Kristine Tawater, Graduate Midwife

## **The Steps to becoming a MotherMe Doula-in- Training:**

- ❖ **Attend an orientation meeting**
- ❖ **9 bi-weekly workshops over a 9 week period: At this time, we believe this program will work best for learning retention and for hectic schedules**
- ❖ **Required Reading (full access to our dual-county lending library)**
- ❖ **Monthly webinars and/or conference calls to reinforce what you have learned and give an opportunity to ask questions**
- ❖ **Monthly face-to-face Round Table Reviews : an opportunity to process births you have attended, listen as others process and learn from experienced doulas as they share their birth experiences**
- ❖ **“Whine & Cheese”! with Big Sister Doulas: A fun and supportive time to get to know the doulas in your community, fellowship and nourish your soul!**
- ❖ **Shadow a number of certified doulas on births and post partum visits**
- ❖ **Meet potential clients through childbirth classes we offer to women with Medicaid**
- ❖ **Tandem practice with a Sister Doula at births: a chance to flex your new skills and knowledge!**
- ❖ **Provide feedback from the clients you have served, families, midwives and labor nurses that have seen you in action**
- ❖ **Continue with Roundtable sessions**
- ❖ **Community Service and in-service events**
- ❖ **Attend 2 WIC Nutrition- Breastfeeding Training Courses ( tuition to these classes will be reimbursed to you on completion of certification)**

**We expect that your complete doula training and certification can be completed within 1 year but you have up to 3 years to complete the program. A 3 year membership is included in your training program**

## **The Steps to maintaining your MotherMe Certified Doula credential:**

- ❖ **Maintain annual membership**
- ❖ **Continue to attend Roundtable Reviews, Whine & Cheese, Community Service, In-Service and Open House Events. (Quarterly participation mandatory)**
- ❖ **Provide support to new doulas as they enter into our ranks. Pay it forward.**
- ❖ **Bring in new clientele and opportunities for MotherMe to become more active in the surrounding communities.**
- ❖ **Provide excellent service to mothers, families and to your sister doulas. Be prompt, accessible and reliable.**

### **Why TWO Certifications?**

Simply put – because I think it's best!

Continuity of care

Cross training benefits everyone

Adds value to YOU

and what you offer to FAMILIES!

### **The Specifics:**

**What is included in your program fee?**

- ❖ **The program including 9 bi-weekly module workshops**
- ❖ **Training Materials**
- ❖ **Webinars & Conference Calls**
- ❖ **Face to Face Roundtables**
- ❖ **Face to Face Support meetings**
- ❖ **Membership for 3 YEARS**
- ❖ **Opportunity for placement with Clients**
- ❖ **Unlimited attendance in all Healthy Birth Class childbirth & parenting classes**
- ❖ **Free Lending Library (Dallas & Fort Worth locations)**
- ❖ **Resources for your personal childcare provided**
- ❖ **On-going mentoring by a seasoned doula**
- ❖ **Training and Access to group marketing events**
- ❖ **No separate application, processing or certification fees**

- ❖ **Upon completion of the program a certification of a Certified MotherMe Doula, (CMMD) - Pregnancy, Birth & Post Partum Doula and Breastfeeding Specialist**

*“But I’m already a doula!!!” ...*

- **If you currently hold a *certification* through another organization in birth or post partum, we will credit you that part of our training. While you *may still attend* our program in its entirety, you will only be *required* to attend the portion in which you have NOT been officially trained; (birth or postpartum).**
- **If you have been through a birth or postpartum *training* through another organization, present your confirmed completion documentation. *You must still attend our program in its entirety;***
- **If you do not wish to complete the program for certification but would like to attend Roundtable Sessions and join our “Whine & Cheese” support meetings, Membership is required at \$50/year. This will offer you the opportunity to join sessions to process your birth experiences with sister doulas, join discussions affecting the doula community, and the opportunity to attend special training sessions as they become available in topics such as Homeopathy, Essential oils, Comfort techniques, Video showings at a reduced cost. (*Open House, In-Service & Marketing events are limited to fully enrolled doulas in training and MMCD’s*)**

**These are managed on a case-by-case basis –  
please make a personal appointment to discuss your circumstances!**

Dallas, Texas - First Trimester Workshop begins  
January 13th!

- **January 13th-14th**

**Module #1 - Friday 6:30-9:30pm**

**Module #2 - Saturday 1-4pm**

- **Jan 27th – 6:30-9:30pm**

**Module #3 - Friday 6:30-9:30pm**

**Location: 2818 Ranch Road, Sachse, TX 75048**

**E. Of Richardson just N. of George Bush**

**Q&A – You got questions?**

**817-67DOULA (*Brenda*)**

**www.MotherMeDoulas.com**

**214-914-5015 (*Kristine*)**

**817-614-1378 (*Sheralyn*)**

Now's the time!

## Doula Workshop Registration

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Facebook ID:** \_\_\_\_\_

**Skype ID:** \_\_\_\_\_

**Spouse:** \_\_\_\_\_

**Children(ages):** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Do you work outside the home?** \_\_\_\_\_

**Where/what do you do?** \_\_\_\_\_

**Special skills or proficiencies:**

\_\_\_\_\_

**Background in pregnancy, birth, postpartum:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Desire to work mainly in:**

**Birth\_\_ Postpartum\_\_ Both\_\_**

**Training workshops & dates**

**attended:** \_\_\_\_\_

**Trainer name:**

\_\_\_\_\_

**Certifications held:**

\_\_\_\_\_

\_\_\_\_\_

**Anything that you'd like to share or discuss with us prior to processing your registration:**

\_\_\_\_\_

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*Sorry, but we must ask –*

**Are you a convicted felon or a registered sex offender? \_\_\_\_\_**

**Do you consent to a background check? \_\_\_\_\_**

**Office Area Only –**

**Total Fee**

**Down-payment**

**Discount**

**Special arrangements:**

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**Payment structure:**

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**Signed agreement on file? \_\_\_\_\_**