



*Birth and Bereavement Doula Training*

Earn the SBD Credentials

Gain Nursing Contact Hours

Learn to Support, Comprehensively



## Correspondence Course Requirements

### Written Essay

Submit a brief essay, sharing your personal and/or professional experiences with loss. This can be done at the registration page.

### 8 week Class Participation

At the start of class, you will be given access to the stillbirthday private classroom online forum, and you will receive electronically all reading materials needed for successful completion of the class.

Each weekly class requires a three hour commitment of reading, researching, evaluating and responding. Each week concludes with an open book posttest (no more than 10 questions) that must be received no later than Monday of the following week. Each test must receive an 80% grade or higher.

## Community Research Project

A detailed investigative and assessment project is required for participants seeking the SBD credentialing. Investigate your local community and collect data to submit to stillbirthday, including the support services in place in local hospitals, birth centers, and by midwives, ultrasound technicians, nurses, obstetricians, funeral homes, crematoriums, and any other prenatal or bereavement personnel, organizations or businesses.

At its simplest, this is a collection of resources you might present to the clients you serve. You'll arrange these resources in the way that is best for you and your clients. Some of our SBD doulas intend to serve primarily live birth outcomes being prepared for any outcome, while other SBD doulas intend to market their professional services primarily to families enduring a known or anticipated infant demise. We discuss the differences and similarities of these approaches in our training, so you'll be equipped to have an idea of how to shape your Community Project at the completion of the online training. Students have compiled their Community Project into a brochure, as a page on their website, and have created entire social media groups to hold their expanding resources. [Here is a brochure-style example](#), and [here is a website-style example](#).

Each participant has 6 months from the start of the class to submit their Community Project.

## Two Reflection Guides

Two book reviews must be submitted no later than 6 months following entrance into the class, to obtain SBD certification. You'll select two books from our reading list, and will compose your Reflection Guide on each book, including a general thesis of the book's principles, coupled with any personal, reflecting thoughts you have on the value of the book.

There's no requisite structure for your book reviews, aside that each should be 1-2 pages in length. You aren't judged by your interpretation of the book. Students often select one book with a primary birth emphasis and the other with a primary bereavement emphasis.

Each participant has 6 months from the start of the class to submit their 2 Reflection Guides.

It is strongly encouraged that you submit these 3 assignments together, to Heidi.faith@stillbirthday.com. Although each is recorded in the student records as you submit them, due to volume I am generally unable to respond to your emails when items are submitted individually.



## Class Content by Week

### One:

Complete study of gestation and conception, integrated with exposure to personal, spiritual, cultural responses to pregnancy and to pregnancy loss, including an exposure to pre-perinatal psychology. Participants will be exposed to the importance of identifying opportunities to provide holistic, pre-perinatal and early obstetrical care.

### Two:

Study of prenatal development through weekly physical changes, coupled with identifying the personal, spiritual, and cultural variables in a mother's emotional response to pregnancy and to pregnancy loss at any point in pregnancy. Participants will be exposed to the importance of identifying opportunities of providing wraparound support to any mother experiencing pregnancy loss at any point in pregnancy.

—Prenatal bonding per month, especially for known fatal diagnosis and "rainbow" babies

—How miscarriage and stillbirth are like and unlike happy birth emotionally and physically/signs & stages of labor in all trimesters

### Three:

Study of the processes of childbirth, of medicinal options for childbirth, and how these compare and contrast during birth in any trimester.

Hospital admission through discharge:

- Medical options and why some are different in loss
- Special permissions, "releasing" baby, funeral planning

### Four:

Study of the processes of childbirth, of non-medicinal options for childbirth, and how these compare and contrast during birth in any trimester.

Personal options:

- General and specific to loss - including homebirth and emergencies
- Birth plans for all options and methods (personal and medical combined)

### Five:

Study of emergency care of infant after birth, how to provide wraparound support for family.

- Prematurity info - the experience of baby and family: live miscarriage, fatal diagnosis
- NICU info - the experience of the baby and family: fatal diagnosis, one living multiple
- Multiples info - when any or all of the babies die

## Six:

Study of postpartum care for newborn and mother, compare and contrast this postpartum care in any trimester. Postpartum Care.

- Immediate physical postpartum care - lochia, breast milk, etc.
- Emotional postpartum care - enlisting family support, navigating medical records/results, etc.

## Seven:

Study of postpartum emotional care, compare and contrast this postpartum care in any trimester. Explore emotional needs of each family member after pregnancy loss, and explore emotional needs of all professionals who provide the family care during antepartum, intrapartum, or postpartum. Grief Education and Support.

- Immediate grief - parents, siblings, SBD doula
- Upcoming grief - milestones, future pregnancies, etc.

## Eight:

Practical approaches of integrated knowledge gained into credentialed SBD doula, or into any already established professional position, including as a nurse, ultrasound technician, midwife, doctor, EMT, chaplain, social worker, perinatal hospice, or any other profession that may work directly with families during the pre-perinatal, antepartum, intrapartum, or early postpartum period.

While the first 7 chapters have a stronger, didactic, theory approach to each of the many significant aspects of care, this final chapter pulls every chapter together with real, practical application. It is the culmination and offers you the confidence to apply these concepts and tools into your role.



## Required Reading

Two book reviews are required to earning the SBD credentials.

You can choose your two books from the following categories. Please visit the doula registration page and the Required Reading tab at stillbirthday for the books we have selected within these categories for you to choose from.

Professional Bereavement Support

Professional Labor Support

Older Children / Subsequent Children Spouse / Marriage

Personal Growth after Loss



## Financial Information

Earning the SBD credentials:

- means you are a part of a professional, reputable resource and team dedicated to providing the most comprehensive birth and bereavement support to families experiencing birth in any trimester.
- means your listing at the site will be in a highly noticeable location complete with profile photo (optional) and a short description of yourself.
- places you within our online group that encourages fellowship, continued education, and ongoing social, professional and educational benefits.

Payment information:

Payment for enrollment is \$250 USD and can be made through the [stillbirthday SBD doula registration page](#).

Contact Hours:

This continuing nursing education activity was approved by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

A list of participants, including addresses and contact hours, will be forwarded to the MONA office upon completion of the training.





## Disclosure Information

- No financial relationships were identified in this training.
- No sponsorships or commercial support was received.
- There will be no discussion of uses of products other than what is approved by the FDA.
- Our training is free from any bias.
- Approval refers only to this continuing education activity and does not imply ANCC Commission on Accreditation or MONA endorsement of any commercial products.