

Postpartum Doula Certification



Become a Postpartum Doula

When you become a certified postpartum doula, you gain a respected credential. DONA International certification means that you have met a high international standard, ensuring mothers and families that you will adhere to the highest standards of conduct and ethics. As a certified postpartum doula, you will be prepared to offer the families you serve evidence-based information and support on infant feeding, emotional and physical recovery from childbirth, infant soothing and coping skills for new parents. Your certification shows families that you are prepared to help them successfully transition into a new family dynamic.*

Please note training and the purchase of the certification packet must be done BEFORE any clients will count toward certification.

Click here to print the [Certification Requirements](#) (in no particular order).

To become a DONA International certified postpartum doula:

1. Meet all prerequisites before attending workshop.
Download the [Postpartum Doula Workshop Prerequisites List](#) 
[Click here for directions](#) on accessing and registering for the Breastfeeding Basics Online independent study program, if you choose to take it.
2. Read the DONA International Position Paper "The Postpartum Doula's Role in Maternity Care" [link to paper](#) and "The Birth Doula's Contribution to Modern Maternity Care" [link to paper](#)
3. Read books from the Postpartum Doula Required Reading list.
Download the [Postpartum Doula Required Reading List](#) 
4. Three signed copies of DONA International [Client Confidentiality Release Form](#), one for each family submitted for certification.
5. Attend a DONA approved [Postpartum Doula Workshop](#) of 27 or more hours. Certification must be completed within four (4) years of attending the postpartum doula workshop.
6. Purchase a DONA International [Postpartum Doula Certification Packet](#). Each packet expires within two (2) years of purchase.
7. You must also submit copies of good evaluations from:
 - At least three clients to whom you have provided a minimum of eight hours each of postpartum support after attending the DONA International-approved postpartum doula training. At least two of the mothers must be breastfeeding at the time you are working with her. [Mother Evaluation \(pdf\)](#)
 - Three partners or spouses of the above clients. [Partner Evaluation \(pdf\)](#)
 - Healthcare Professional Recommendation Form or letter of recommendation from a healthcare provider. [Healthcare Professional Evaluation \(pdf\)](#)
(All evaluation forms are provided in your certification packet.)
8. A 300-500 word account for each certifying postpartum experience, including each of the following: the age of the newborn when you began, the starting and ending dates and approximate total postpartum hours of service with family, the doula's role with the mother, the mother's reaction to the support she received, the doula's role with the father/partner/adult support person, the father's/partner's or other adult's reaction to the support they received, what the doula learned from this experience.
9. A 500-1000 word typed essay of "The Value of Postpartum Support".
10. Provide a copy of current Infant and Adult CPR certification through one of the following: American Heart Association, American Red Cross or St. John's Ambulance (needs to be in-person).
11. A list of at least 45 local resources from at least 30 different categories.
12. Two professional references (include name, relationship and telephone number).
13. A completed self-assessment checklist.
14. Sign verification of completion of reading requirements.

15. Sign DONA Postpartum Doula [Code of Ethics](#) and [Standards of Practice](#).
16. Pay your Certification Application processing fee with your completed application.
17. Verify that you are a current member of DONA International. [Join now](#).
18. Once certified, you must maintain continuous membership with DONA International. Please see our [Lapsed Membership Policy](#) for more information.

*Note, after you are a certified doula your contact information will be on our web site if you desire.

For additional information, refer to the DONA International Postpartum Doula Certification Packet, available at the [DONA Boutique](#).