



Course layout

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This course is divided into sections with different lectures. Each lecture is like a different piece of a growing puzzle.

This course is designed to be done in an orderly fashion, meaning that each individual lecture has to be completed before you can move on to the next section.

What will be taught in this course?

Becoming a doula can be challenging but it is so worth the effort.... after this course you will be a certified doula with the best, evidence based and medically graded knowledge that is available today.

The following will be discussed in depth:

Section 1 - Doula documentations

Section 2 - THE DOULA

Section 3 - Anatomy & terminology

Section 4 - MATERNITY CARE IN SOUTH AFRICA GUIDELINES

Section 5 - Pregnancy

Section 6 - Birth and beyond

Section 7 - Debriefing & trauma release

Section 8 - Feeding

Section 9 - Microbiome

Section 10 - Everything new after being born

Section 11 – Contraceptives

Section 12 – Baby blues or PPD?

Section 13 – Building your business


Section 14 – Lifelong learning

Section 15 - Wrap up & recap

Graded Exam

Practicals

Certification



The course duration is determined by the individual completing this course.

Minimum time to complete the course: 5 months

Maximum time to complete the course: 2 years