

## **RESOURCE LIST FOR CLIENTS**

**Please assemble a list of at least 45 resources within your community. Your list must be typewritten on a separate sheet of paper, divided into categories, and included with your certification application. There is no limit to the number of referrals you can list, but a minimum of one resource from at least thirty different categories is required.**

In all areas, DONA International's research proves that support is the key. The doula needs to know where her clients can find this support. This list is expected to serve as a starting place for the postpartum doula. It is DONA International's expectation that the doula will be constantly updating and adding to the list.

- Abused women shelters and support groups
- Addiction services and support groups
- Birth centers
- Birth doulas
- Breastfeeding pump and equipment suppliers (purchase and rental)
- Breastfeeding support groups, clinics, classes
- Child abuse protection agencies
- Childbirth educators
- Childcare options
- Children's Hospitals
- Chiropractors, Massage Therapist, Reiki Practitioners
- Community services and programs
- Cultural/Multi-cultural resources
- Early intervention programs for babies with special needs
- Family doctors/Pediatricians
- Health Food stores
- Hospitals/Minor Emergency Services
- Incest/sexual abuse support groups
- Infant massage classes and services
- Lactation Consultants
- La Leche League
- Libraries/infant programs
- Maternity/nursing clothes
- Midwives
- Mother's centers/parent and child centers
- Multiple birth groups/associations
- Naturopathic/homeopathic services/stores and clinics
- New Mothers/Fathers/Parents groups
- Obstetricians
- On-Line resources
- Parent's Anonymous/support groups
- Parenting classes
- Parent and women's bookstores
- Perinatal loss support groups/bereaved families support groups
- Play groups
- Postpartum exercise classes/mother and baby exercise classes/yoga classes
- Postpartum depression resources and support groups
- Single parenting groups
- Support groups for parents of children with special needs
- Teen parent support groups/educational services
- VBAC/CA support groups
- Well baby clinics

**\*\*Please check that each resource is accurate before including it in your list.**