

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.**