



Learning Helper Instructions

Dear Helper,

Thank you so much for volunteering to be a Learning Helper! You have a very important job since the doula training participant will need to practice physical support skills with you and do some learning activities. I appreciate you pretending to be in labor during the Role Play - since I've done it several hundred times myself!

There will be a wide variety of people serving as Learning Helpers. I've written the instructions to that a youth or elder with no background in birth could understand the activity. Yes, you can have more than one person be your helper.

All of the activities will be detailed in the DTD Supply Box, but we can email you the activities ahead of time if that works better for your schedule. Feel free to email or call me with any questions: amy@amygilliland.com or 608.225.4738.

Requirements for Learning Helpers

- Excited to help you meet your doula goals
- Willingness to be touched on their hips, bottom, back, and make eye contact
- Physically able or a disability that doesn't interfere with practicing back pain and positioning strategies
- Can concentrate and provide practice without being silly
- Sex or gender doesn't matter; you can practice the double hip squeeze on any pelvis
- Willingness to do some role play and pretend to be in labor
- Is available during the Comfort Measures session to practice live or soon after to complete the checklist
- Is willing to be seen as a practice model on video so you can complete your comfort measures and positioning checklist

Checklist of Activities Needing A Learning Helper

Before the Training Begins: Do the Back to Back Exercise (10 minutes of focused time)

Before Day Two: Do the Matching Rhythms Exercise and the Blindfold Touch Exercise (20-25 minutes)

Before Day Three: Secret task (5 minutes)

Complete the Comfort Measures Checklist* on video (if not available during Comfort Measures session)

Before Day Four: Labor Role Play (20-30 minutes)

*Participants can also submit videos of each item on the checklist in the ten days after the training via Padlet.