



DTD Online Birth Doula Training Preparation Checklist

Help Me Get To Know You As An Individual:

Fill out the "Getting To Know You" Questionnaire on Google Forms. (10 minutes)
Fill out the Doulaing The Doula Pretest and submit it on time, two weeks before the training. (time varies)

Put Tabs In Your Binder Sections:

Post it notes have been provided in your *Learning Supply Pack*. Use some of the notes to mark the 16 sections in your binder.

Set Up Your Learning Environment:

See the handy list, "Set Up Your Learning Environment To Maximize Success and Engagement!", which is a separate page in this guide.

Attendance:

Your training assistant will be keeping track of attendance. It is expected that you will spend *95% of your time being seen on camera and showing attentive behaviors*. Note taking, head nodding, eye contact, putting questions and comments in the chat box, raising your hand are all attentive behaviors. You might also eat a meal, knit, or pet an animal; but not update your nail polish or groom your pet.

Download these Apps and Set Up Accounts as needed: (10-15 minutes)

YouTube, Gmail, Zoom, and Padlet.

Then share your Padlet account name with me. My account name is Amyg29 and the Padlet you are looking for is called "Parking Lot" and has this URL:

<https://padlet.com/amyg29/or4b9h9tz1lfity>

Then listen to and read the postings there. Indicate your heard/or read them by liking the post.

Make a Hormone Poster: (10-15 minutes)

Your assigned hormone is in your *Learning Supply Pack*. Your poster can be made by hand and shown to the camera or made on your computer. Use crayons, felt markers, PowerPoint, Canva, whatever sparks your creativity. You'll share your poster at the beginning of the "Support During Labor" session by holding it up to the camera or screenshare.

Complete the *Back to Back Support Exercise* with Your Learning Buddy: (10 minutes)

The instructions are in the *Learning Helper Packet*.

Gather Your Learning Supplies:

You will need a 12-14" baby doll or stuffed animal with a head, neck, arms and legs; a large scarf that you can tie around your hips **loosely** with the doll/animal inside; and a few crayons, markers, or colored pencils.



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Preparation Tasks for All Trainings:

There are other preparation tasks listed on the website that everyone is asked to do before every training. These are listed on *the Already Registered* page and in your confirmation letter. They include:

1. Filling out and submitting the pretest.
2. Reading the DONA International Standards of Practice and Code of Ethics.
3. Read the DONA International Requirements for Certification Checklist.
4. Fill out questions 1-4 on the Marketing Exercise if you want to open your own business (optional).
5. Watch some short videos on the history of midwifery and obstetrics; and how the history of white supremacy and slavery impacts birth outcomes today. (optional)
6. If you don't know that medical care is given differently when you are a Black person, you are invited to read the pdf article *Getting Sick While Black*.
7. If you are signing up months in advance, there is even more you can do to prepare for your doula career. See the webpage, ["Seem Like A Long Wait?"](#)