

MATERNAL CHILD HEALTH PROFESSIONAL TRAINING OFFERED

AUDIENCE

Doulas, Nurses, Early Childhood Educators, Social Workers, Mental Health Therapists, Perinatal Case Managers, Home Visitors, Parent Coaches & Educators, Community Health Workers, Students of Midwifery, Public Health, Medicine, Nursing, Sociology, Psychology, Political Science, Anthropology and Women's Studies.

WHAT WE DO

- *The Association for Wholistic Maternal and Newborn Health* develops and implements innovative initiatives that aim to close the gap on health disparities and reach public health objectives to reduce infant mortality, low birth weight and maternal mortality.
- We are taking a global health strategy to address urban health disparities through the revitalization of "traditional" birth attendants—midwives and community-based doulas and breastfeeding peer counselors.
- We design and deliver training for perinatal professionals and consult with hospitals, clinics and community-based agencies to create supportive environments for childbearing women and their families, promote evidence-based maternity care, and promote a "self-growth" approach to pregnancy and childbirth.
- In addition, we provide education and support services to low-income, disadvantaged pregnant women and new parents including childbirth education, labor doula support, postpartum doula support and lactation education and counseling.

PERINATAL SUPPORT SPECIALIST/COMMUNITY-BASED DOULA TRAINING

Provide Pregnancy, Birth & Lactation Support & Address Disparities in Maternal-Infant Health



35 hour, 5 day course. Community-based doulas provide perinatal health education, psychosocial support, nutrition and intraconception health education, care coordination, labor and birth support, breastfeeding and postpartum support and education. No experience necessary. Women with Spanish language capability or African-American, Native-American and Asian heritage encouraged to attend. **Company In-Service or Join our Next Training. Certification Offered.**

BREASTFEEDING PEER COUNSELOR TRAINING AND CERTIFICATION PROGRAM

Support the Gift of Health That Lasts a Lifetime—Breastfeeding



21-hour, 3 day training and certification program in the basics of lactation support. Also covers cultural awareness and communication skills.. No breastfeeding experience necessary. **Company In-Service or Join Our Next Training. Certification Offered.**

SUPPORTING INFORMED CHOICES IN CHILDBIRTH: TRAINING FOR MATERNAL- INFANT HEALTH WORKERS

Promote Informed Choices, Cultivate Trust in Birth



16-hour, 2 day course the basics of childbirth education. Maternity care practices impact public health objectives. Learn how to promote evidence-based maternity care and empower pregnant women to make informed choices, ncrease confidence for giving birth. Not a certification program. **Company In-Service or Join our Next Training. CEUs offered.**

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Address Health Inequities in Maternal and Infant Health



8 hour, 1 day course. In this course, learn the basics of how to promote the health of female clients and their unborn children, using this simple model on Pre and Interconception Health. In addition, participants will gain cultural awareness and skills for cross-cultural communication. Learn about The Lifecourse Model, a framework to explain and address disparities in the health of women, infants and children. **Company In-Service**

HEART AND HANDS POSTPARTUM DOULA TRAINING

Mother the Mother



21-hour, 3-day course. Learn skills to support new mothers and care for newborns immediately following birth and the first months, a Postpartum Doula provides emotional support, physical care and comfort to the new mother, instruction on self-care and baby care, and instills confidence in her clients for motherhood. **Company In-Service or join our next course. Certification Offered.**

COMPREHENSIVE PERINATAL SERVICES PROGRAM (CPSP) SKILL DEVELOPMENT FOR CERTIFIED PERINATAL HEALTH WORKERS (CPHWS).

Motivate clients to make health behavior changes



8 hour, 1 day workshop. In this course, Certified Perinatal Health Workers (CPHWs) working in the California Comprehensive Perinatal Support Services Program (CPSP) will gain skills to implement the program in their clinic. Course topics include: Client Assessment and Re-Assessment, Client Care Plans, Weight Grids, Nutritional Assessment and Counseling, Psychosocial Assessment and Referral Guidelines, using "Steps to Take" (CPSP health education manual) to provide health education for clients, Pre and Interconception Health Education, and Communication and Counseling Skills to motivate health behavior change in clients. Taught by LA County-approved CPSP Program Health Education and Psychosocial Consultants. **Company In-Service**

COUNSELING AND COMMUNICATION SKILLS WORKSHOP

Learn communication and counseling skills



8 hour, 1 day workshop. In this course, health workers will learn the basics of communication and counseling skills, using a variety of counseling models including The Three Step Strategy, Motivational Interviewing and Stages of Change Model. This is a half day seminar and can be brought to your organization. Contact us for pricing and to schedule at your worksite. **Company In-Service**

THE ART AND SCIENCE OF MOTHER-FRIENDLY CHILDBIRTH

Promote evidence-based maternity care in the hospital, clinic or community setting



This 45-minute presentation is for nurses, doulas, midwives, childbirth educators, physicians and community members who want to gain awareness of how to implement evidence-based maternity care in the community, hospital or clinic setting using the Mother-Friendly Childbirth Initiative developed by [The Coalition for Improving Maternity Services](http://TheCoalitionforImprovingMaternityServices.org). The scientific basis for the MFCI was published in the *Journal of Perinatal Education* in 2007. The 10-step plan helps hospitals, clinics and providers of maternity care increase patient satisfaction, improve maternity care quality and achieve goals for perinatal health, and are closely aligned with the Affordable Care Act. This presentation is for community groups, hospital grand- CEUs **Company In-Service | CEUs Offered**

All courses can be brought to company worksite and customized to suit budgetary and time constraints.

Group Discounts & Student Rates Available

W: <http://WholisticMaternalNewbornhealth.org/Professional-Education>
T: 626.388.2191 E: Training@WholisticMaternalNewbornHealth.org
 P.O. Box 50630, Los Angeles, CA 90050

ABOUT US

OUR MISSION

To increase access, awareness and availability of MotherBaby-Friendly Maternity Care. We are also committed to social justice in birth.

OUR WORK

The Association of Wholistic Maternal and Newborn Health focuses on the intersection of public health and midwifery to address healthcare disparities and to engender a more equitable maternity care system for all women and infants. Our focus areas are:

1. Education for Birth Preparation and Cultural Change.
2. Advocacy for Maternal-Infant Healthcare Policy Reform.
3. Expanding Access to MotherBaby-Friendly Maternity Care.



SOME AGENCIES WE HAVE WORKED WITH

- ✚ UCLA Center for Community Health Mentor Mother Neighborhood Well-Being Project
- ✚ Esperanza Community Housing Corporation Community Health Promoter Program
- ✚ South Los Angeles Health Projects (SLAHP)
- ✚ Maternal Child Health Access (MCHA) Welcome Baby! (Pilot Program)
- ✚ The California Black Infant Health Program
- ✚ UMMA Community Clinic



“Of all forms of inequality, injustice in health care is the most shocking and inhumane.”

-Dr. Martin Luther King, Jr. (1966)