

# What is a doula?

A woman supporting women and couples during pregnancy, childbirth, and postpartum.

A doula supports a pregnant woman and her family. A doula listens to a woman's needs and wishes, supports her in her choices and provides her with information so that she can take her own decisions.

It is a **on going support** throughout pregnancy, childbirth and the process of becoming a parent.

Doulas have helped improve parenting, decreased the need for medical interventions on the mother and her baby, reduced complications, and increased the chances of a positive experience of motherhood.

According to the information and resource service for midwives in Great-Britain (MIDIRS), "A constant female presence, supporting the woman throughout childbirth, is one of the most efficient ways to take care of a woman in labour, introduced in the last 25 years".

We are not midwives. Our role is not a medical one. We support the mother within the medical care model she has chosen, regardless of race, religion, or sexual preference. Our work relationship with the parents is based on confidentiality and mutual respect.

We support midwives and their work.

Convention fee (10 € per day)  May 19  May 20  
Please tick the day(s) you are going to attend *i.e.:* \_\_\_\_ €

If your child spends some time in the child care:  
Number of children: \_\_ aged: \_\_\_\_\_ (years/months)

Join **Doulas de France** (Membership is optional)  
*Special half price membership for the Doulas de France Convention*

- "Doula Friend" Membership ..... 5 € (instead of 10 €)
- "Trainee Doula" Membership ..... 20 € (instead of 40 €)
- Support Membership ..... ... € (free amount)

*Total amount:* \_\_\_\_ €

Please send your membership to **Doulas de France** Association  
34 bd Chanzy - 93100 Montreuil - FRANCE

You can pay when you get there, or send a money transfer to :  
Doulas de France, Agence Société Générale Gonesse Centre,  
IBAN : FR76 30003 00708 00050374871 28  
BIC-ADRESSE SWIFT : SOGEFRPP



Non-medical childbirth support

4<sup>th</sup> French Doulas Convention

## Passing On Childbirth Tales

Paris, May 19 & 20, 2006

65 rue de la Glacière, Paris 13<sup>th</sup>, France

Glacière Métro Stop - Bus 21

Within the framework of the 4<sup>th</sup> French Doulas Convention, you are invited to share stories and discuss around childbirth.

It is about **passing on** your experience, sharing your stories, whilst respecting everyone's uniqueness and true life stories. It is about sharing the sheer joy, the amazement and the disappointments, so that the mother and father-to-be, and their newborn child remain at the center of this amazing event.

During those two days, the **Association Doulas de France** propose to those interested in childbirth a space to get together, exchange and share. Parents, midwives, grand-parents, professionals... or doulas, welcome !

A partnership with



<http://www.smar-contact.info/>

Everyone is welcome



— <http://www.doulas.info> —

# Program:

## May 19, Workshops and Open Space (open to everyone)

9.00 am: Opening Reception - 9.45: Singing

From 10 till 12.45 am WORKSHOPS (Please select a workshop in each group)

### 10.00 to 11.15 am: Group A

- 1/ Trainee doulas: the existing doula courses
- Or 2/ Techniques and rituals from around the world
- Or 3/ Breastfeeding
- Or 4/ Active listening initiation
- Or 5/ Non-violent and systemic communication

### 11.30 to 12.45 : Group B :

- 1/ To settle down as a doula
- Or 2/ Non-violent and Systemic Communication
- Or 3/ Practical workshop: during labour
- Or 4/ The first days with a new-born
- Or 5/ Maternal difficulty, post-natal depression, post-traumatic shock syndrome

### 2.00 to 6.00 pm: OPEN SPACE

With the Open Space participants will have the opportunity to suggest discussion topics. Each group will write a report that will be shared within the main group and handed out to the participants.

## May 20: Doula Day & Forum (open to everyone)

9 to 10.45: "What is a doula?", Round Table Talk

9 to 10.45: European Doulas' Meeting

11.15 am to 5 pm: Open space, debating and focusing, building action plans

## In practice:

Rate: 10 Euros per day

A 50% discount on membership is offered if you join Doulas de France association at the same time.

Child care for babies and toddlers with volunteers and baby-sitters will be available.

You can register on line on our web site: [www.doulas.info](http://www.doulas.info) or by mail using the enclosed membership form or by phone.

Please call Sandra at + 33 (0)1 60 14 35 03 or Valérie at + 33 (0)1 34 16 78 27



# Doulas de France

Association

The aim of "Doulas de France" is to develop and promote the work of doulas and of those involved in non-medical support around childbirth, at local, regional, national and international levels. We want to promote a more humane approach to care around childbirth and early childhood.

Doulas de France is a professional organization.

Doulas de France is a non-profit making organization (loi 1901 in French law), which is registered at the Prefecture of Bobigny (near Paris) since February 14, 2006.

### The objectives of "Doulas de France" are

- \* To support and inform women and parents in parenting whilst respecting their choices and their culture
- \* To foster and encourage the mother-baby relationship
- \* To highlight the basic needs of mothers and babies
- \* To encourage physiological processes and breastfeeding in particular
- \* To prevent maternal difficulty, post-natal depression, child abuse, and their impact on families
- \* To support and create networks in the field of childbirth
- \* To encourage passing on and sharing of knowledge among women
- \* To offer training for women

You can also register online on [www.doulas.info](http://www.doulas.info)

## Registration and Membership form

### The 4<sup>th</sup> French Doulas Convention

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone number(s): \_\_\_\_\_

Profession: \_\_\_\_\_ Organization : \_\_\_\_\_

For May 19, chose 1 workshop in each group:

Group A: 1 2 3 4 5

Group B : 1 2 3 4 5



— <http://www.doulas.info> —

