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Plan now to attend!

Speaker Proposals

The deadline for speaker proposals for the 15th Annual DONA International Conference is **December 1, 2008**. View the Call for Speaker Proposals on the DONA International [web site](#).

Advertise or exhibit your business or product and support DONA International. Check out the Sponsor/Exhibitor/Advertiser Prospectus on the DONA International [web site](#).

2009 DONA International Conference [web page](#).

Quick Links...

- [DONA International](#)
- [DONA Boutique](#)
- [2009 Conference Info](#)

Volunteer Opportunities
DONA International needs

Dear DONA International,

I was just listening to a tape while in my car. The guy was talking about getting things done. He talked about the most important things we can use to change a situation are resources and initiative. I was thinking about the work we do as doulas. Resources and initiative, those are tools in our birth bag or postpartum bag.



Some of the resources we bring with us. In my birth bag, I always bring my favorite massage tools, a rebozo, some non-scented hand lotion to compliment the client's favorite scented lotion that they bring, a pictorial guide to positions, my client's chart to remind me of her birth plan and a change of clothes and personal toiletries. Sometimes that is enough. Sometimes that is too much. But sometimes we have to use found items in the room to make things move smoothly. The found items can include a sheet to use as a rope around the squatting bar for mom to pull on in second stage, the doctor's stool that is perfect for some moms to use to move back and forth or spin around during labor, the edge of the bed or the edge of the sturdy built-in tub for an impromptu squatting bar, the dad's strong body for the mom to hang on during a contraction while we are out walking, a rolled up towel for a pillow in the tub and other such items.

Of course, your passion provides initiative. A synonym for initiative is inventiveness. Most of the doulas that I know come up with tricks to make things work for their clients. When working with a postpartum client, it takes a lot of listening and evaluating the situation to get it just right sometimes. We make sure we are not treating each situation with cookie cutter answers. Should all families use cloth diapers? Should all families put their babies in a separate room? Should all families breastfeed? Should all families bathe the baby no more than three times a week? No, we use our initiative to investigate what each family needs. Then we use our resources, what we bring with us, what we find in the home and what referrals we have to make for the family's best interest. One thing that parents like best is that we seem confident in our knowledge and they certainly appreciate that we don't just give one answer but help them to find their own way.

Thank you for using your resources and initiative to serve families in your area. If you have worked with a family that required you to use a bit of creative initiative and unusual resources, please [let us know](#). We may be able to choose a few for future *eDoula* items or an article in the *International Doula*. Share you ideas with your sister and brother doulas.

Warmly,

you!

Open positions

You are of service to families, why not be of service to the organization that places the highest priority on the well-being of families all over the world? Visit the [Get Involved](#) page on the web site to find out just how you can open your doula heart even wider!

Publications Committee

Join the Publications Committee as the *International Doula* Managing Editor or as an Associate Editor. The *eDoula* Newsletter Editor position is also open. Contact the [Director of Publications](#) for more information.

Certification Committee

Are you fluent in Spanish? The certification committee needs certified doulas to review birth doula certification packets written in Spanish. Qualifications include birth doula certification, familiarity with the certification process and excellent people skills. Please contact the [Director of Certification](#) for more information.

Please visit the [Get Involved](#) page on the web site to learn more about available volunteer positions.

Quick Tip

By Cindy Hansen,
CD(DONA)
Chilliwack, BC

To have cool cloths readily available for mom's forehead, line an emesis basin with a face cloth and then fill it with ice. Next, wet as many cloths as you

Debbie Young

President@DONA.org

Feature Story

When Breastfeeding Feels Dark

By Alia Macrina Heise, CLC, PCD(DONA)

Word about a newly recognized condition in breastfeeding mothers has been making its way through on-line networks of breastfeeding communities. Not yet in the literature, Dysphoric Milk Ejection Reflex (D-MER) is getting recognized as a physiological let-down phenomenon by the top lactation consultants in the profession.

D-MER is defined as "a newly recognized condition effecting lactating women that is characterized by a brief surge of dysphoria, or negative emotions, that peak before the milk ejection reflex, or letdown, and then dissipate quickly after the milk release."

The emotions mothers feel during D-MER can fall into three different spectrums ranging from dread to anxiety or anger. These intense emotions last a few moments, 30-90 seconds, before every milk release. This leaves a mother confused and worried as to why she is feeling these things while she nurses her baby. It also causes an exhausting emotional cycle, as these mothers feel just fine before and after they experience a D-MER.

Formal investigation has been underway to figure out the mechanism and treatment of D-MER and the evidence is pointing to an inappropriate drop in dopamine upon initiation of the milk ejection reflex and treatments using dopamine increasing drugs have been effective in treating D-MER.

Education and awareness about D-MER seems to be one of the most important aspects because it has been shown that a vast amount of breastfeeding mothers are affected by this phenomenon, and yet each and every one is often silent about their feelings, thinking they are the only ones who feel such horrific emotions while nursing their babies. Some professionals have gone so far as to call it "breastfeeding's best kept secret." It's time to shed some light on Dysphoric Milk Ejection Reflex and let mothers know they are not alone and there are treatment options.

More information can be found at www.d-mer.org.

Submit your feature article of 175-225 words to Newsletters@DONA.org for publication in the *eDoula*.

Extra! Extra!

News Briefs

The Birth Survey

You and your clients can participate in gathering accurate and objective

can fit into the bowl with cold water, ring out, fold into a nice compact size and line them up on the ice.

Share your Quick Tip with us. If yours is chosen, you'll be rewarded with a gift certificate to the DONA Boutique. [Send Your QT!](#)

TomDoulery!

By Piper Nard, CD(DONA)
Oklahoma City, OK

I was opening a new savings account to save up for our 10 year anniversary trip. The bank manager asked if it would be linked to a direct deposit from my job and I said I would be depositing payments from my clients, as I was a doula. He responded, "Oh! What kind of dancing is that?" He was so embarrassed when I stopped laughing and explained what a doula really was!

Share your funny stories with us. If yours is chosen, you'll be rewarded with a gift certificate to the DONA Boutique. [Send your TD!](#)

Thanks!

A big note of appreciation is extended to our Home Office staff who keeps things running smoothly for all of our members and everyone interested in DONA International. Thank you, Kathy, Amy, Terry and Angela; you're the best!

Keep sending items in to us [via e-mail](#). We appreciate the support and enthusiastic feedback that we have received about your eDoula.

Have you moved...

data about maternity care providers and birth places in the U.S. that will enable women to make informed decisions about where and with whom they will birth. [The Birth Survey](#), an on-line consumer survey developed by the Transparency in Maternity Care Project of the Coalition for Improving Maternity Services (CIMS), gives women the opportunity to provide feedback about their birth experiences. Along with official statistics from state health departments, women's responses will be made available on-line. Become an Ambassador and assist these efforts; e-mail info@thebirthsurvey.com to find out how.

Breastfeeding rates vary by state

The *American Journal of Public Health* reported on findings that breastfeeding initiation and duration varies widely amongst U.S. states. The highest rates of breastfeeding occur in western and northwestern states. Other variables include breastfeeding legislation, baby-friendly hospitals and available lactation specialists. [Read it here.](#)

Higher IQs linked to breastfeeding

Published in the *Archives of General Psychiatry*, the largest randomized trial ever conducted in the area of human lactation has provided strong evidence that prolonged and exclusive breastfeeding improves cognitive development in children at age 6.5 years. Over 17,000 Belarussian breastfeeding infants were enrolled from June 1996 to December 1997 with follow-up of 81.5% from December 2002 to April 2005 at age 6.5 years. The intervention group had more exclusive breastfeeding at three months and a higher prevalence of any breastfeeding at 12 months. The intervention group had higher IQs based on the Wechsler Abbreviated Scales of Intelligence (WASI) and teacher evaluations of academic performance in reading, writing, mathematics and other subjects. [Read it here.](#)

A link between infections and premature births

A small study published in the on-line journal of the Public Library of Science showed bacteria were present in the amniotic fluid of women who gave birth prematurely. Very premature and sickly babies were born of mothers whose amniotic fluid was heavily infected. This research is the first step in understanding the role of maternal systemic bacterial infections and prematurity. Further research is needed to determine whether preterm labor can be predicted and avoided with treatment. [Read it here.](#)

More tummy time needed

The American Physical Therapy Association warns that babies who do not spend enough time on their tummies are at increased risk of developmental, cognitive and organizational skills delays, eye-tracking problems and behavioral issues. Acknowledging the importance of putting babies to sleep on their backs, the recommendation is to place babies on their tummies for short exercise and play time when awake and supervised. [Read it here.](#)



or changed your phone number or e-mail address? Please send any contact information updates to the Home Office so you won't miss receiving the *International Doula* or any other important mailings. Send updates to Doula@DONA.org.

Announcement: membership fee increase

DONA International individual membership fees were increased effective September 1, 2008 to cover the rising costs of running our organization, including postage and shipping, as well as overall inflation. A one-year membership fee was increased by \$5 to \$50 and a two-year membership fee was also only increased by \$5 to \$85. The two year membership fee represents a 15 percent savings over a one-year membership, so you will want to take advantage of this savings and renew your membership for two years! Fees have not increased since February 2006.

Effective February 1, 2009, group membership fees will also increase by \$5 to \$55.

As always, membership fees will be adjusted according to the International Fee Group Index, so please check the [web site](#) for information on fees for your country.

Renew [on-line](#) at the DONA Boutique or call the Home Office at (888) 788-DONA (3662).

***eDoula* Editorial Staff**

Open Position, Newsletter

Educational Opportunities

Certification and Recertification

Have you attended a birth or postpartum doula workshop yet? Attendance at a basic workshop is an initial step toward your doula certification. Find a list of available workshops on the [Find a Doula Workshop](#) section of the web site.

Certified birth and postpartum doulas are required to recertify every three years. Don't wait until your certification is about to expire, begin to accumulate your continuing education contact hours for the next recertification period right after you certify or recertify! A list of advanced doula training opportunities can be found on the [Continuing Education](#) section of the web site.

2008 Conference session recordings

Recordings of general and concurrent sessions from the 2008 DONA International Conference are available for purchase [on-line](#). Listening to general session recordings earns you continuing education contact hours!



Congratulations to our newly certified postpartum doulas from July 1 to July 31, 2008:

USA: California: Sylvia Clarke (Daly City), Mina Ognjanovic (Encino), **Florida:** Lessie Dunnell (Perry), **Oregon:** Jill McArthur (Portland), **Pennsylvania:** Sara Kalasunas (Huntingdon Valley), **Rhode Island:** Leah DeCesare (East Greenwich), **Virginia:** Amara Minnis (Virginia Beach)

Congratulations to our newly certified birth doulas from July 1 to July 31, 2008:

CANADA: Alberta: Valerie Plante (Edmonton), **British Columbia:** Patti Donnahee (Miadeira Park), Allison Ruxton (Nelson), **Manitoba:** Janice Lynn Koepnick (Winnipeg), **Ontario:** Tanya Harris (Chatham), **JAPAN:** Ryoko Sugawara (Kawaguchi), **USA: California:** Jacquie Fulop (Fresno), Sue Christy (Fullerton), Heike Marruzzi (Los Angeles), **Colorado:** Jessica Readmond (Buena Vista), Terri Bureson (Thornton), Angie Cowles (Westminster), **Florida:** Kathleen Harvey (Pinetta), **Georgia:** Melanie Nasmyth (Smyrna), **Illinois:** Tricia Fitzgerald (Chicago), **Michigan:** Toni Piluso (Sterling Hts.), **Minnesota:** Sonya Chamberlain (Brainerd), **Missouri:** Courtney Waiz-Jenkins (Kirkwood), Janet Bunn (Ozark), Sarah Covey (Rolla), **North Carolina:** Mary Kerrigan (Greensboro), **New York:** Linnea L. Mavrides (Brooklyn), Kay Slattery (Fairport), Rachel Blonder (Flushing), Megan Calvert (Kenmore), **Ohio:** Jennifer Moyer (Bellefontaine), Erica Konya (West Chester), **Oklahoma:** Angela M. James (Claremore), **Pennsylvania:** Maria Graziani (Pittsburgh), Anne Hernandez (Youngsville), **South Carolina:** Pat Burrell (Myrtle Beach), **Texas:** Amy Compton (Wolfe City), **Virginia:** Kayo Fitzhugh (Leesburg), Julie M Roeger (Powhatan), Katrina McMillan-Zapf (Roanoke),

Editor

Sunday Tortelli, Director of Publications

Washington: Margene Dengler (Issaquah), Leslie Shea (Port Orchard),
Wisconsin: Emma Marie Swift (Madison)

Congratulations to our recertified postpartum doulas from July 1 to July 31, 2008:

USA: California: HeatherGail Lovejoy (Boulder Creek), Stefanie Miller (Costa Mesa), Viki Bettis (San Diego), Rosemary T. Mason (Santee),
New York: Ina Z. Bransome (Brooklyn)

Congratulations to our recertified birth doulas from July 1 to July 31, 2008:

CANADA: British Columbia: Kathy Faulkner (Langley), Nicki M Albrecht (Westbank), **Ontario:** Gisele Gobeil (Carp), Marilyn Young (Mississauga),
USA: Arizona: Robin Sharples-Ray (Glendale), Greta Sprengeling (Phoenix), Mary M. Langlois (Phoenix), Ginny Bollman (Surprise),
California: Karen Dobbins (Morongo Valley), Laura Fontes (Rancho Cucamonga), Gloria Tzuang (Redwood City), Chellie Powell (Rolling Hills Estates), Stacey Scarborough (San Diego), Sharon Mayo (Truckee), Debra Lavin (Vacaville), **Colorado:** Michaela Zach (Aurora), Christine "Christy" Gray (Louisville), **Georgia:** Annette Culp (Cartersville), **Illinois:** Rachel Dolan-Wickersham (Addison), Dina Conte (New Lenox), Karen A. Miecznikowski (South Holland), **Kansas:** Linda Herrick (Ottawa), **Louisiana:** Karen Henshaw (Covington), **Maryland:** Michele Oseroff (Towson), **Michigan:** Sue E. Bailey (Rockford), Wendy Pinter (White Lake), **Minnesota:** Judith Nylander (Eagan), Sarah Simons (Minneapolis), **Mississippi:** Jeanne Walker (Pascagoula), **Missouri:** Sandra J Hutson (St. Louis), **North Carolina:** Jeanette Dion (Hampstead), **New Hampshire:** Liz Fernandez (Manchester), **New York:** Jackie Levine (Lynbrook), **Ohio:** Sheila Spremulli (Bentleyville), **Oklahoma:** Ottie A. Baumgardner (Edmond), Cheri B. Grant (Sperry), **Oregon:** Denise Beaudoin (Troutdale), **Pennsylvania:** Jan S. Mallak (Export), **Texas:** Monika Stone (Austin), Marisa Pena-Alfaro (Houston), Debby Amis (Plano), **Washington:** Julie Benedetti (Tacoma), **Wisconsin:** Karen A. Kohls (Middleton)

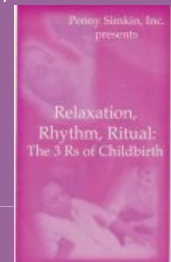
Please forgive us if we missed your name! [Let us know](#) and we will be sure to include it in the next International Issue of eDoula.

**DONA
Boutique**

Save 10%

Print out and clip this coupon to save ten percent on your phone, fax or mail order of *Relaxation, Rhythm, Ritual: The 3 Rs of Childbirth* DVD from the DONA Boutique while supplies last!

Visit the [DONA Boutique](#) for all your doula needs!



Offer Expires: September 30, 2008