



SBD® Doula Services

Support Prior to Conception	Understanding Bereavement
Attend Appointments	Medical Explanations
Birth Planning	Birth Classes
Referrals & Resources	Education for Loved Ones
Medical Birth	Non-Medical Birth
Blessingway	Keepsakes
Postpartum	Lactation



The SBD® Doula difference

Ways to Support Your SBD® Doula

- Hire your SBD® Doula
- Referrals to your pregnant friends | clients
- Fundraise with and for your SBD® Doula
- Non-tax-deductible gifts to your SBD® Doula
- Pay-It-Forward for another family to secure services
- Volunteer to help (seamstress, tech support, other)
- Listen to them share their passion to doula
- Pay their way to stillbirthday doula events
- Offer your SBD® Doula free advertising
- "Like" and share their page/site on social media
- Families: Use the SBD Connect app
- Hospitals: Join the SBD Registry

View all published SBD® Doula certificates at stillbirthday.com/find-doula

I support you. No matter what.
I do{ula}.

I DO {SBD} ULA



Connect with us!

www.stillbirthday.info

Support for birth. Support for bereavement.
Support for you.

your local SBD® Doula



www.stillbirthday.info





SBD® Doula Certification

"The Stillbirth Birth & Bereavement Doula certification program was definitely one of the best courses I have taken.

When I attended the course I was enrolled in midwifery school, and I often thought that the SBD® Doula program was much more informative than many of my classes at midwifery school!

Now that I am a licensed midwife I really appreciate the SBD training. In my career as a midwife I will unfortunately be witness to many aspects of bereavement. After having taken this program I feel much better equipped to serve my clients.

The SBD® certification is a program that is rock-solid on information, and great attention to detail but also includes the emotional side for both – parents and caretakers.

I can highly recommend this program!"
-Kristin, SBD® Doula and midwife



Support for Birth. Support for Bereavement.

- military families
- church & campus doulas
- fertility struggle
- chemical pregnancy
- blighted ovum | ectopic | molar
- miscarriage | threatened | inevitable | missed
- unexpected diagnoses
- gender grief
- stillbirth
- foster | adopt | surrogacy | IVF
- marginalized demographics | disparities
- Cesarean or other medical assistance at birth
- survivors | birth trauma
- non-medical birth | "natural birth"
- twins and other multiples
- NICU
- postpartum | lactation
- and more

Support for You.



Your SBD® Doula Makes a Difference

- reduces overall Cesarean birth rate 50%
- reduces the length of labor 25%
- reduces Pitocin use 40%
- reduces the need for forceps delivery 40%
- reduces requests for epidural pain relief 60%

SBD® Doula Coursework

- fertility, pre-conception, conception, diversity in beliefs about pregnancy, birth and bereavement
- prenatal bonding, nutrition, partners, physiology of childbirth in every trimester
- medical & non-medical support options
- birth planning in every trimester
- physical & emotional postpartum, lactation
- hormones, mourning
- NICU, adoption, other unconventional loss
- the emotional experience of the doula
- practical, professional and business aspects

Every mother ought to have the informed right to include a certified SBD® Doula at her birth.