

Outcomes Checklist

You can use this list to check off learned outcomes as you complete the modules. This is another way to track your progress and make sure your getting the most out of this course.

Understanding the Fundamentals

- Understand the scope of your role as a Doula or non-medical Perinatal Professional.
- Recognize the importance of cultural competency in supporting loss families.
- Learn how to navigate language effectively and differentiate between helpful and harmful communication.
- Define and differentiate various types of pregnancy loss, including miscarriage, ectopic pregnancy, stillbirth, and more.
- Understand hospital procedures and protocols for pregnancy loss.
- Explore the complexities of grief and learn effective strategies for supporting individuals through the grieving process.

Understanding how to Holistically Support Families during and after loss

- Gain the skills to support parents during pregnancy loss both in the hospital and at home.
- Provide emotional and physical support for families.
- Guide post-pregnancy loss recovery at home, including nutrition and postpartum care.
- Learn how to provide emotional support and guidance to partners and significant others during pregnancy loss.
- Address the various aspects of the first year after a loss, including relationships, siblings, spouse/significant other, grandparents/relatives, friends, returning to work, identity changes, physical changes, emotional/mental changes, and social life.
- How to help mom understand the complexity of the loss and how it will change her.
- Help guide mom on her own personal healing journey by supporting herself physically, emotionally, mentally, and spiritually, treating her WHOLE person.

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pregnancy After Loss

- Understand how to support clients in making decisions about future pregnancies, including when it's safe to conceive again, and pregnancy loss prevention.
- How to support them in your role as a PLD (Pregnancy Loss Doula) through their pregnancy.

Self-care and business (for YOU)

- Understand the importance of self-care and learn techniques to maintain your well-being while providing support to others.
- Explore the options and strategies for earning compensation for your work in supporting pregnancy-loss families.

After this course, you will emerge as a confident and compassionate advocate for families navigating the intricate journey of pregnancy loss, armed with a diverse and unique skill set to address their multifaceted needs.



Pregnancy Loss Education
With Vallen Webb