

## Maternal Support Practitioner Certification Requirements

- Must be 18 years of age
- Complete a bebo mia Maternal Support Practitioner training.
- 24 months to complete the requirements \*special permission required for exceptions
- Read all books on Mandatory bebo mia book list and provide a book review of 2 books chosen from the Optional Reading List.
  - \* See the “Style Guide for a Book Review” for information on how to complete the book reviews.
- Must be CPR certified (infant, child, and adult) and recertify bi-annually (every 2 years). Certification can be from ANY recognized CPR & First Aid Training provider.
- Read and sign the bebo mia Standards of Practice and Code of Ethics
- We recommend you attend a breastfeeding basics workshop (20 hours) OR the 20-hour WHO course
  - bebo mia provides the [Breastfeeding Educator Certification](#) that will meet this recommendation
- **For those with a focus on Postnatal support - Requirements:**
  - Attend 6 postnatal shifts - minimum 4 hours each
  - Must service 2 different families minimum; an evaluation form needs to be filled out by the mother or partner of each family
  - Attend 1 births and submit birth summary worksheets.
- **For those with a focus on Pregnancy & Birth support - Requirements:**
  - Attend 1 postnatal shifts; minimum 4.
  - Attend 3 births - minimum 50 hours attending and supporting labour/birth cumulatively
  - Volunteer births receive one prenatal visit. Paid births receive two.
  - Must remain with mother to provide immediate postpartum care for at least 90 minutes
  - Only 1 birth may be an ELECTIVE Cesarean Section
  - Must complete the labour summary form provided by bebo mia
  - Each summary form has to be reviewed and signed by the nurse, midwife or GP who attended the delivery when possible
  - An evaluation for each birth must be filled out by labouring woman or support person/partner
- Complete bebo mia final examination with minimum 85% grade for passing from all cumulative marks.

*\*See re-certification document for re-cert requirements.*

**bebo mia BOOK LIST for the Maternal Support Practitioner are the following:**

**Mandatory Books - Read all of the following:**

- [The Birth Partner](#): A Complete Guide to Childbirth for Dads, Doulas, and All Other Labour Companions, (Penny Simkin) 4th edition, 2013
- [The Womanly Art of Breastfeeding](#), (Le Leche League)
- [The Labor Progress Handbook](#) (Penny Simkin) \*MUST BE ITEM IN YOUR BIRTH BAG\*
- [Obstetric Myths vs. Research Realities](#), (Henci Goer)
- [Ina May's Guide to Childbirth](#), (Ina May Gaskin), 2004

**PLUS one of the following:**

- [The Mother of All Pregnancy Books](#): The Ultimate Guide to Conception, Birth and Everything in Between, (Douglas) 2011 (Canadian version)
- [Pregnancy, Childbirth and the Newborn](#): The Complete Guide, (Simkin, Whalley & Keppler), revised, 2001

**Optional Books - Choose minimum 5 and provide a book review for 2 of your choices:**

- Sweet Sleep (LLL)
- Gentle Birth Choices: A Guide to Making Informed Decisions about Birthing Centers, Birth Attendants, Water Birth, Home Birth, Hospital Birth (Harper), revised, 2005
- Hey Who's Having This Baby Anyway?, (Breck Hawk)
- Impact of Birthing Practices on Breastfeeding, (Linda J. Smith), second edition
- Breastfeeding Made Simple, (Mohrbacher & Kendall-Tackett), 2005
- Dr. Jack Newman's Guide to Breastfeeding, (Newman & Pitman) 2000
- The Nursing Mother's Companion, (Huggins & Lawrence), 5th edition, 2005
- Doula Studies & History of Birth: The Doula Advantage, (Rachel Gurevich)
- Special Women, (Paulina Perez)
- Fathers at Birth, (Rose St. John)
- Gentle Birth, Gentle Mothering, (Sarah J. Buckley, MD)
- The Birth Book, (Sears & Sears)
- A Good Birth, A Safe Birth, (Diana Korte & Roberta Scaer)
- Special Situations: The VBAC Companion, (Diana Korte)
- When Hello Means Goodbye, (Kirk & Schweibert)
- When Survivors Give Birth, (Penny Simkin)
- The Birth Conspiracy, (Rivka Cymbalist), 2011
- When Baby Brings the Blues: Solutions for Postpartum Depression, (Dr. Ariel Dalfen)
- Nurturing the Family: The Guide for Postpartum Doulas, (Jacqueline Kelleher)

## Style Guide for a Book Review:

**Subject matter** – what type of book is this (ie general interest, technical research, skill development)

**Author's purpose for writing the book** – if this is not stated what do you think the purpose is?

**Target audience** - is this written for health care community or for general population

**Author's style** - is it formal or informal? What level of education is required to understand the content?

**Value of information provided** – is the information offered factual, well researched and evidence based? How was this accomplished? Are the references easy to check? Did the author include footnotes or recommended readings? Does the information in the book work for the target audience? Are there any audiences who would not benefit from reading this book? If this book is an older publication does the information still have relevance for today's audience?

**Structure of information** – are the author's thoughts/concepts well organized and does the book have a logical flow? Can the book's information be easily accessed through the index? If there are examples are they easy to follow? If there are illustrations included are they clearly executed and relevant to the subject?

**Effect on the reader** – how did this book make you feel about the topic? Did you learn anything new or change your opinion about the topic after reading this book? Are there additional resources which you would recommend for use along with this book to improve its purpose? Under what circumstance would you recommend this book?

**Meeting the target** – how well has the author fulfilled their goal for writing this book? What effect do you think this book will have on the target audience?

Reviews should be a minimum of 500 words in length and should not exceed 800 words. Review format should be in black, 12pt. Arial font, with line spacing set to 1.5. Please include author's name and publishing information.