



Perinatal Community Health Worker Training

Maternity Care Coalition's Perinatal Community Health Worker (PCHW) Training prepares participants as Community Birth and Postpartum Doulas and Lactation Peer Counselors who are ready to work in vitally important jobs to educate, support, and empower people throughout their childbearing and early parenting journeys, particularly black and brown families.

This training is FREE for participants. The core training consists of 27 x 3.5-hour sessions. Training sessions may be held in person, via Zoom, or as a hybrid model. Participants must attend all sessions and complete training assignments.

The model of learning values the worth and experiences of participants and facilitators equally. A trauma-informed approach creates an environment of community, safety, and trust where deep experiential learning can happen. A racial justice focus acknowledges and encourages dialogue on the impact of racism, white privilege, and systemic oppression on childbearing bodies, and the health and wellness of families and communities.

Training methods include group activities and discussions; presentations; video screenings; role-plays; and numerous expert guest facilitators. This dynamic model of community health education and community development enhances personal and community healing, workforce skills, tools for supporting childbearing families, and community capacity building.

After completion of the core training, graduates will be encouraged to:

- Attend ongoing continuing education/professional development workshops.
- Join MCC's network of Perinatal Community Health Workers.
 1. Graduates will have opportunities for paid work to support families as a PCHW.
 2. Program staff will offer guidance throughout. Program staff will continue to offer guidance.
- Certify with MCC as a Perinatal Community Health Worker.

**Contact: Training Coordinator, Community Doula & Lactation Programs
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Perinatal Community Health Worker Training Syllabus

Session	Topic
1	Creating Community
2	Enhancing Communication - Motivational Interviewing/Executive Skills Awareness
3	Racial and Reproductive Justice - Legacies of Racism and Systemic Oppression
4	Prenatal Work/Home & Virtual - Visiting Strategies
5	The Journey of Pregnancy
6	Toward Understanding Implicit Bias
7	The Physiology of Labor and Birth
8	Reclaiming and Creating Birth Traditions
9	Doula Support During Labor
10	Becoming Trauma Informed - Understanding Impact of Trauma on the Childbearing Experience
11	Dealing with the Unexpected/Interventions
12	More Doula Support Strategies
13	Supporting Families through Grief and Loss
14	Supporting LGBTQIA+ Families
15	The Postpartum Doula
16	Newborn - Birth and Immediate Postpartum
17	Newborn Behaviors
18	Nurturing Parents in the 4 th trimester
19	Perinatal Mental Health
20	Infant Feeding Options/Anatomy of Breast
21	Lactation - Breastmilk Production
22	Getting off to a Good Start
23	Top Three Common Concerns with Lactation
24	Hand Expression/Pumping/Weaning
25	The Business of Birth Work
26	Advocacy & Activism in Birth Work
27	Celebrate New Beginnings