

home birth & water birth facilitator training



Is this you?

- Do you want to support parents-to-be, and give them information about their birth choices?
- Perhaps you are a doula, pregnancy yoga teacher, hypnobirthing teacher, or antenatal teacher, or would like to be?
- Do you feel a lack of knowledge or confidence when talking to your clients about home birth and/or water birth, especially if they have complicating factors? Or feel you might be out of date?
- Does the idea of home birth, or water birth, freak you out? Perhaps you don't have experience yourself of home birth or water birth?
- Or maybe you love home birth and/or water birth, and want to spread the word?
- Would you like to expand your services and earn more money by offering interactive and interesting antenatal workshops?

If you answered 'yes' to any of these, then this course is for you!

Most antenatal teachers, doulas, pregnancy yoga teachers, hypnobirthing practitioners have not had a home birth or water birth. We are expecting that most people who do this training will not have had one themselves, and maybe would not consider one, but want to serve their clients, and earn a bit more money. When I had doula clients expecting twins I did some specific training on twins. Your training may have covered home birth and water birth, but this training will give you the depth and breadth to answer your clients questions with confidence. When you are confident and knowledgeable, your credibility and standing grows.

It is especially suitable for people who already run antenatal or postnatal classes who would like to have something else to offer their clients, but also works well for people wanting to start a new business.

Home birth is an increasingly popular choice

Home birth is not for everyone, but it is a safe and sensible options for many. You may have found that more and more of your clients are exploring this option, and have questions.

Most people planning a home birth are interested in water birth, which is why this training is covering both, but water birth is also more available than ever in hospitals and birth centres. Many hospitals now support water births for people in higher risk groups, such as those planning vbac (vaginal birth after caesarean). I have a particular interest in supporting people planning a vbac, and almost half my doula clients had hbacs (home birth after caesarean), in a pool, or next to it.

There has been recent research into home birth and water birth showing the benefits, including for those in higher risk categories, though myths and old information persists, which is why your clients need you to be up-to-date.

Home birth and water birth workshops

This training will also provide you with the structure and downloadable resources to run two antenatal workshops, bringing you additional income, and attracting more clients your way. If they attend the workshop(s) first, they get to know how great you are, and sign up to other services. If they are already doing your classes, then you are giving them more opportunities to work with you.

I have delivered the workshops over several years. They can be done as separate, or combined. Activities from the workshops can be used in your other classes.

"We attended the home birth workshop run by Cathy and found it informative and relaxed. We went on to have a successful home birth and felt confident doing so."

About Chilled Mama Cathy

I have almost twenty years of supporting parents-to-be prepare to meet their babies, including running a home birth group, a facing birth again group, sitting on the Maternity Services Liaison Committee (now called Maternity Voices Partnerships) and chairing it for two years. I worked as a Consultant Facilitator for national charity Best Beginnings, delivering training on their app Baby Buddy to midwives, health visitors, and children's centre staff. I managed a Sure Start children's centre for over seven years.

I have been a doula for over ten years, attending mostly home water births, but also hospital and birth centre births. I have had four out of my five children at home. I hired a birth pool for two of them, and one was born in the water (pictured above).

I hired out birth pools to local people for a number of years. I have attended water birth training with world expert Dianne Garland, and co-wrote an article with her for The Practising Midwife magazine (on water birth after a previous 4th degree tear).

I have run antenatal classes and specific workshops on home birth, water birth, vbac, hbac, birth skills, pregnancy relaxation, visualisation for birth, and breastfeeding. I have a free online hbac course (home birth after caesarean) which approximately 10 people per month sign up for.

I have written and delivered postnatal classes, workshops, and courses. I wrote a postnatal course, Baby Days, which has been adopted by my local authority, Central Bedfordshire. I trained children's centre staff and the council's parenting team to deliver it.

I have trained over 100 facilitators to deliver workshops and courses written by me.

“Cathy is such a warm and nurturing force & I really enjoyed learning from her. She has a wealth of knowledge and the training was presented in a relaxed & supportive manner. The workshop is really well structured and I came away really confident about the material and looking forward to getting set up and running the sessions! I would definitely recommend the course.” Starting Solids Facilitator

“The pace of the day was good and the mix of activities was engaging. I have spent many, many (too many) hours on zoom study days and this felt really fresh.” Toddler Led Toileting Facilitator

“I found it really informative and excellent preparation for leading my own workshops. You put us all at ease and we had a great day of learning and exploring our own thoughts and emotions around weaning. You are so knowledgeable and I loved how flexible you were with regards to how we preferred to learn on the day. I’d definitely recommend this training to anyone interested in starting their own workshops. I can’t wait to get out there and start running Starting Solids workshops in my area.” Starting Solids Facilitator

“It is evidence based and gives a clear outline of how to deliver a workshop. The scenarios were also very helpful to give facilitators an insight into the questions we may get asked and how we may answer them.” Toddler Led Toileting Facilitator

“Great teaching, great knowledge, and easy to follow. Course content is great value.” Birth Dreaming Facilitator

Why train to be a Home Birth Water Birth facilitator with Chilled Mama?

- Fill a gap and help parents in your area explore these two great options.
- Feel up-to-date, confident, and knowledgeable talking to your clients, even those with complicating factors.
- Earn additional income with two straightforward antenatal workshops.
- Workshops are structured sessions with tried and tested interactive activities with resources to engage parents
- Non-judgemental, inclusive training to deliver non-judgemental, inclusive workshops.
- Training with an experienced antenatal teacher, doula, and parenting practitioner, who has developed and run the workshops to hundreds of parents.
- Comprehensive handbook containing background knowledge, and a step-by-step plan for the workshops.
- Marketing resources and ideas to get you started and attract clients.
- Follow up reflection and ongoing support from me
- Be known as knowledgeable.

What does the training cover?

- **Safety:** research on overall safety; how we measure safety; safety of baby and woman/birthing person on the day (monitoring, midwives’ equipment, emergencies, transfers).
- **Benefits:** research comparing outcomes; how home birth/water birth impacts on birth; why people chose home birth/water birth, and what they love about it.
- **Practicalities:** what to get ready; choosing a pool; setting up/packing away;
- **Expectations:** how does it feel to give birth at home/in water; how to book; what happens beforehand; what happens on the day; what the midwives do/don’t do; late pregnancy/birth curve balls.
- **Complex situations:** can I have a home birth/water birth if; hb/wb and common higher risk groups: vbac, GBS, gestational diabetes, big baby, older mum, assisted pregnancy, breech, twins.

What does the training involve?

- Pre course reading.
- Training, in person or online, including background knowledge; using the resources and practising delivering sections of the workshop; group skills and scenarios; running your own sessions.

- Training is one day; 9.30-4.30, in person or 9.00-4.00 online.
- Written or video reflection, to help you feel confident in delivering the workshop.
- Follow up support.

Resources:

- Handbook with background knowledge, lesson plans, & outline of all the activities with notes.
- Printable activity cards.
- Printable handouts for workshops.
- Powerpoint for delivering the workshops online.
- Marketing materials.

After the course:

On successful completion of the training you can organise your own workshops, and other related activities. I can advise you and offer you support in organising and marketing your sessions. It is not a franchise. There are no further payments. Following successful completion of the course I will publicise your workshops on my website and social media.

Cost:

Cost for the training is normally £247. For this first training it is £197. Chilled Mama trained facilitators, or trainees, can get a £50 discount. This includes handbook and downloadable resources. You should be able to recoup the cost after delivering 2-3 workshops. You can pay in monthly instalments. Full payment must be made at least a fortnight before the course.

Additional costs:

Portable flipchart £12 (lasts 6-10 sessions), and pens.

Printing and laminating activity cards (can be purchased).

Books. (For your reading. You may want to show them to the parents.)

Birth pool and equipment: buy second hand, or get donated. (Useful for in person workshops, and baby fairs.)

Handouts for each session (approx. £1-£2 per attendee). Alternatively you can send electronic copies.

Insurance.

Insurance:

The training and the workshops are accredited as a parenting course by [Wellbeing Insurance](#), the insurance company that I use. It is recommended that you have public liability insurance to run the workshops, and most venues will ask for this. If you are using a different insurance company then you can contact them and add it to your cover. I can provide any information they need.

Any questions?

Please feel free to contact me and ask. I have created some videos about the workshop and the training and you can see them on my website and my YouTube channel.

I have trained facilitators all over the country. You can check out my Starting Solids Workshop page to see where they are and follow them on social media. If there is already someone in your area, don't worry; there is plenty of demand. They may not be as active as others, or may be offering workshops through a particular organisation, or at a different time or place from you.

Here is some feedback from them.

"Another great workshop on Saturday along with lots of very confident parents who are all happy to just wait now till babies are ready - I love this workshop. The huge difference in parents' feelings and thoughts about feeding from when they arrive to when they finish the workshop - bloody fantastic!!!" Angela, hypnobirthing teacher

"Just thought I'd let you know I'm so, so glad I did the training with you! It came just at the perfect time!!.... I now absolutely LOVE what I do. I'm proud of my job / business and I finally feel passionate about what I do for a living."
Sarah, [Starting Solids](#)

"The starting solids training was the best decision I made. To anyone thinking of attending you won't regret it, there are lots of opportunities and it's so much fun!"
Gill Norris, hypnobirthing teacher and health visitor

Absolutely recommend it. The workshop covered all and more of the topics that are discussed in the groups that I run. Additionally, the information around the history of weaning, the research discussed, the practical information (signs of readiness etc) is information that I think is key to helping parents understand the whys, hows and whens of introducing solids, and I think that this is what they are missing. It will help parents have a clearer understanding and have the information to make the choices that are right for them and their baby.
Charlotte Daly, Mini Me, Leeds

