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| Home visitors and doulas can greatly enrich a mother’s experience during each stage of pregnancy, birth, and the first days of a new family’s life together. Through this self-paced, online training, you will learn how to achieve optimal family readiness for birth and develop strong parent-child bonds by playing an active role during each trimester and building a trusting home visitor-family relationship. You will review activities and questions for use during perinatal home visits. Gain practical tools to encourage planning for birth; family member involvement; and care after the baby is born. While this course addresses the emotional and physical aspects of the perinatal period, it also prompts you to reflect on how your own personal beliefs about parenting may influence your interaction with families. The course consists of two parts and takes 5-6 hours to complete. It can be started and stopped at your convenience. When you return, the system will place you where you left off. Course is priced at $95.Enroll [here](https://theounce.csod.com/default.aspx?c=ou_srg_feeforservice)! Once you arrive at our learning portal, you will “Browse Offerings;” select your course; and add it to your cart.**For Any Questions*** Email: AchieveOnDemand@theOunce.org
* Call: 312-453-1993
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