



# BIRTH BOOT CAMP®

YOUR HEADQUARTERS FOR AN AMAZING BIRTH

Welcome to Birth Boot Camp! We are so excited you have chosen to certify with us. As you become familiar with who's who and our procedures, it'll be second nature, but this cheat sheet might speed the process.

A heads up about **BBC hours**, Headquarters typically does not work weekends unless it's an emergency. If you send an email at 5:00 pm on Friday, you likely will not get a response until Monday. Thanks for respecting our family time. You know the old saying "Lack of planning on your part does not constitute an emergency on ours..." Thank you.

## Who to contact for what:

- April Francom ([certification@birthbootcamp.com](mailto:certification@birthbootcamp.com)) is our Instructor Certification Coordinator. If you can't figure something out (including who to ask), April is your gal. She'll know the answer to everything!
- Your Trainer - They are here to help you on this journey. They can answer questions about your workshop, modules, etc.
- Alisa Hodge ([alisa@birthbootcamp.com](mailto:alisa@birthbootcamp.com)) is our Administrator. She will set up your online classes, but you'll work with your Trainer to get that initiated. Please do not wait till the last minute! It can take a few days to get you set up.
- Donna ([donna@birthbootcamp.com](mailto:donna@birthbootcamp.com)) is always available, as well.

In this age, everyone has their **preferred method of communication** - including you. Sometimes, you might not hear back from someone if you sent them a Facebook message or tagged them. They may have deleted the app from their phone so things don't get lost in the scrolling that often takes place. Email is often the To Do list for many of us at BBC, but not everyone. It's ok to ask people how they like to be contacted.

**The Advisory Board** consists of several people:

- Hailie Wolfe - also on the HQ team, she is our Doula Certification Coordinator
- Mellanie Sheppard - IBCLC

- Kristen Hosaka - Doctor of Chiropractic
- Katie Dudley - Food & Fitness
- Hollie Hauptly - Social Media

All of these people are in the Pre-Certification group and can be tagged with questions.

### **BirthBootCamp.com and BirthBootCamp.net - What's the difference?**

**The “.com”** is where online classes are hosted, as well as our directory of instructors and doulas. Info about instructor and doula trainings (including applications and requirements) can also be found on the “.com” in the “hamburger” menu. You'll watch the online classes here, as well as the breastfeeding class.

**The “.net”** is where you'll find limited information until you are certified. It's where we host all the birth videos, Teaching Tools, newsletter, important links, form for makeup classes, etc.

### **Why are you watching the online classes?**

Becoming familiar with the curriculum will help you in the workshop. You'll actually do a fair amount of teaching there which sounds scary now, but it will build your confidence. You'll be amazed at how much you know!

Learning the order of topics, teaching tools we use in classes, and hearing approaches to various subjects will all help you be able to focus on learning to teach the curriculum. The Study Guide will help you in this process. Be sure to have it in hand when you sit down to watch the online classes. YOU will be teaching before you know it!

Getting certified to be a childbirth educator is hard work, but we hope you enjoy the process. Don't treat it like a crash course. Get as much out of your reading, modules, online classes, etc as possible. Ponder what you are learning. Be thoughtful in your answers on the study guides.

Again, we are here to help you along this process.

Sincerely,

Donna Ryan  
Founder & CEO,  
Birth Boot Camp