



POSTPARTUM DOULA

COMPASSION • COLLABORATION • CHOICE

EXPERIENCED PATHWAY
2023

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WELCOME

Welcome to the ICEA Postpartum Doula Certification Program. We are honored that you have chosen ICEA as your certification body, and are excited to assist you on your journey to becoming a certified postpartum doula. Those who have previously certified with ICEA will confirm that you have chosen the most comprehensive postpartum doula certification program available. Regardless of your background, you will find each part of the program will expand your current level of knowledge and skills to make you the best postpartum doula you can be.

Since its inception, ICEA has always supported educators and health care professionals who believe in freedom to make decisions based on knowledge of alternatives in family-centered maternity and newborn care. We pride ourselves on the ability to offer the program that is most widely and easily available to postpartum doulas around the world. Most importantly, we believe success may be found in following our core values:

COMPASSION: We believe approaching maternity care with compassion and a nurturing spirit improves birth outcomes for all families

COLLABORATION: We practice a culture of collaboration based on the knowledge that mindful engagement with diverse groups advances positive family-centered maternity care.

CHOICE: We support freedom of choice by training professionals committed to empowering expectant families through informed decision making.

ICEA is here to support you throughout this process. Our staff, board, and other volunteers are available to answer any questions or assist you with any needs during this time. If you should require anything, please, contact the office at info@icea.org or call 919.674.4183.

An ICEA Certified Postpartum Doula (ICPD) is internationally recognized as a postpartum doula in the fullest sense of the word, and you can proudly take your ICPD anywhere you go. Best wishes as you begin your journey toward ICEA certification.

Sincerely,



Debbie Young
ICEA President, 2024-2026

All study guides may be found [on our website](#). We recommend that you bookmark this link so that you can easily access it in the future. Please be sure to log in to your ICEA account to access these documents. Please do not share this link or password with anyone else. Once in the site, ICEA gives you permission to print materials contained on the study guides website for personal use only.



CERTIFICATION OVERVIEW & CURRICULUM

ICEA Certified Postpartum Doula requirements are a means of documenting the journey every postpartum doula should achieve to maintain and update family support skills following a birth. Regardless of the candidates background, each one will find that every part of the ICEA Postpartum Doula Certification program will their current level of knowledge and skills to be the best postpartum doula possible. An ICEA Certified Postpartum Doula (ICPD) is internationally recognized as a professional doula in every sense of the word. Candidates can proudly use the ICPD credentials anywhere.

The ICEA Postpartum Doula Certification Program verifies that Postpartum Doulas have the necessary education and skills to enable them to facilitate families after labor. The program promotes the concept of the Postpartum Doula as an advocate of the natural process of childbirth and the right of the expectant parent to make informed decisions based on knowledge of alternatives. Following is the program curriculum:

- Part I – ICEA and the Postpartum Doula Certification
- Part II – Mother’s Physical Recovery
- Part III – Postpartum Emotions
- Part IV – Family Dynamics
- Part V – Newborn Appearance
- Part VI – Baby Care
- Part VII – Breastfeeding
- Part VIII – Listening and Communication Skills
- Part IX: – Business Aspects and Responsibilities
- Part X – Replenishing the Doula Spirit – Maintaining the Passion

The ICEA Postpartum Doula is expected to further a wider understanding of ICEA’s mission and philosophy among health professionals and the public.

Experienced Pathway Steps to Certification

The following steps must be completed within two years of enrolling in the program. Candidates must FIRST enroll in the certification program before completing the other steps.

1. Enroll in the certification program
2. Review the certification study guide and the referenced readings (optional)
3. Study specific ICEA position papers and pass post-tests (provided after enrollment)
4. Confirm current Infant/Baby/Adult CPR Certification
5. Apply to take the certification examination
6. Submit proof of current or prior certification (no more than two years expired) with ICEA or another organization along with the examination application form



Candidate Qualifications

This certification program is available to any postpartum doula who upholds and practices ICEA's philosophy of family-centered maternity care and freedom to make decisions based on knowledge of alternatives in childbirth. This program does not exclude an otherwise qualified person for reason of educational or professional background. No qualified, presently certified postpartum doula will be excluded from entering the ICEA Postpartum Doula Certification Program.

Referenced Reading List

Please note that the ICEA Postpartum Doula Certification Program Referenced Reading List is as follows:

- *The Doula Business Guide: Creating a Successful Motherbaby Business*, Brennan, P. (2014)
- *What To Do When You're Having Two: The Twins Survival Guide From Pregnancy Through the First Year*, Diaz, N. (2013)
- *I'm Listening: A Guide To Supporting Postpartum Families*, Honikman, J. (2014)
- *This Isn't What I Expected Overcoming Postpartum Depression*, Kleiman, MSW, LCSW, K., & Davis Raskin, MD, V. (2013)
- *Breastfeeding Solutions: Quick Tips for the Most Common Nursing Challenges*, Mohrbacher, N. (2013)
- *Nurturing Beginnings Guide to Postpartum Care for Doulas and Community Outreach Workers*, Pascali-Bonero, D., & Arnold, J. (2014)
- *The Baby Book*, Sears, MD, W., Sears, RN, M., Sears, MD, R., & Sears, MD, J. (2013)
- *Pregnancy, Childbirth, and the Newborn: The Complete Guide*, Simkin, P. (2016)
- *The Gentle Art of Newborn Family Care: A Guide for Doulas and Caregivers*, Webber, S., & Simkin, P. (2012)

The Examination

The ICEA Postpartum Doula Certification examination is designed to test for a thorough knowledge of the basic content in being a postpartum doula. The examination is based solely on the objectives outlined in the ten parts of the ICEA Postpartum Doula curriculum.

The examination consists entirely of 75 multiple choice questions. There are no short answer or essay questions. The examination is "closed book" and must be proctored. 1.5 hours is given to complete the examination. The score is based on the number of correct answers.

Candidates for whom English is a second language must contact the office as an examination may be available in their primary language. If an examination is not available in their primary language, then candidates may use a non-medical primary language/English dictionary and 2.5 hours to complete the examination. The ICEA Central Office must be notified, in writing, of these special needs at the time the certification examination application and fee are submitted.

Applying to Take the Examination

Candidates have up to two years, from the date in which they enrolled in the program, to complete the examination pre-requisites and apply for the examination. If more than two years pass, candidates must re-enroll in the program and again complete all the pre-requisites. Examination applications will not be accepted unless they are complete. A complete application includes all needed forms and verifications, examination date, location and proctor, and full payment.



Scheduling Your Examination

All examinations are given online but must be taken with a proctor in person at the testing location chosen by the candidate. Candidates may apply to take the examination in any state, province or country, and are not limited to taking the examination in their local geographic area. An examination can be scheduled by completing and submitting the ICEA Postpartum Doula Certification Examination Application. All examinations must be scheduled at least 30 days prior to the examination date. This includes any requested changes in scheduled examinations. The online link for the candidate's exam will be emailed to the proctor in advance of the testing date.

Grading of the Examination

Because every examination is taken through an online program, candidates will immediately know their results upon completion. Each candidate who receives a passing score of 70% or above is considered to be an ICEA Certified Postpartum Doula, an ICPD. ICEA will issue a formal certificate via email to those who have successfully completed the program. A three-year ICEA membership will be provided along with the certification.

In the event a candidate fails the exam, ICEA will send the candidate a new examination application via email to retake the test. These candidates will have up to one year in which to pass the examination. They may retake the examination as many times as necessary within one year of the first fail date, providing repeat guidelines are followed and ICEA membership is maintained. Examinations ruled invalid will be treated as failed examinations and the candidate will have one year to retake the examination per guidelines. Each subsequent exam will be charged a fee based on geographic location.

Certification Designation

Upon successful completion of the ICEA Postpartum Doula, a doula will be entitled to use ICPD and the term "ICEA Certified Postpartum Doula" to designate certification status and to indicate that the postpartum doula is ICEA Certified.

Recertification

ICEA is dedicated to maintaining a rigorous standard of excellence, and thus all ICEA certifications are only valid for three years. At the completion of the three years, all ICEA Certified Postpartum Doulas must apply for recertification.

ICEA believes that postpartum doulas are continually educating themselves and learning from their clients. Recertification validates commitment to the profession and ensures the continuation of receiving the benefits of ICEA affiliation.

Extension of the Recertification Application Deadline

An ICD may apply for a single 6-month extension of the recertification deadline in order to complete the requirements. The request for an extension must be received before the recertification application deadline. The request must be in writing via email and state why the extension is needed. The request must also be received prior to the certification expiration date. The ICEA Certification Coordinator will respond in writing via email that the extension has been granted. The extension is only for submitting the application. The next certification period expiration date is based on the date of initial certification.



Inactive Status

ICDs who encounter a family emergency including serious illness, illness or death of a close family member, divorce, major relocation, birth of a baby, or who have temporarily left the field may request to be put on Inactive Status for a maximum of three years. The request for inactive status must be received by the expiration of the current certification period. The request must be in writing via email and state why the inactive status is needed. The ICEA Certification Coordinator will respond via email that the inactive status has been granted. Only one inactive status will be granted per certification period. An inactive status fee will need to be paid when the individual decides to go inactive and a recertification fee will need to be paid to become active again.

Lapsed Certification

An ICD with a lapsed certification of more than 6 months may reinstate to full certified status by completing the experienced pathway toward certification. The reinstated certification period begins when the individual has passed the certification examination.

ICEA reserves the right to change any part of the certification program or recertification process without notice. Notice of such changes will be sent in the newsletter, ICEA Connection.



POSITION PAPERS

The purpose of studying specific ICEA Position Papers and passing their corresponding Posts Tests is to assess a candidate's familiarity with current, evidence-based information. Additionally, the post tests serve to ascertain the candidate's advocacy of specific concepts supported by ICEA, and to determine that the candidate actively teaches ICEA's philosophy of freedom to make decisions based on knowledge of alternatives as these papers reflect ICEA's vision, mission, and core values.

All Position Papers listed below can be found [on our website](#). You will find the corresponding Post Tests for each of these papers in this packet.

1. The Role and Scope of the Postpartum Doula
2. Family Centered Maternity Care
3. Physiologic Birth
4. Comfort Measures
5. Infant Feeding
6. Skin-to-skin Contact
7. Social Media and HIPPA

All of these Position Papers must be read and their Post Tests must be passed by scoring 70% or above.



THE ROLE AND SCOPE OF THE POSTPARTUM DOULA

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

1. A postpartum doula is someone who:
 - a. Provides care only to women who do not have partners
 - b. Provides medical care such as taking temperatures and blood pressure
 - c. Provides physical, emotional, and informational support to a woman and her family
 - d. Is unnecessary if the woman has a partner
2. All of the following are part of the eleven domains of postpartum care except:
 - a. Emotional support
 - b. Advocacy
 - c. Household organization
 - d. Providing medical advice
3. Emotional support of a postpartum mother may include:
 - a. Respecting her parenting style
 - b. Providing opportunities for the mother to ask questions or express concerns
 - c. None of the above
 - d. Both a and b
4. A postpartum doula may NOT:
 - a. Describe medical procedures
 - b. Give medical advice
 - c. Clarify an issue
 - d. Offer possible alternatives
5. A postpartum doula:
 - a. Focuses on normal postpartum recovery
 - b. Gives unbiased, evidence-based information
 - c. Can help facilitate communication between the mother and her provider
 - d. All of the above
6. A postpartum doula can:
 - a. Speak for her client because she knows what is best, is experienced, and has training
 - b. Tell a mother that her friends and family don't know what they are talking about because they gave birth many years ago
 - c. Provide referrals as necessary
 - d. None of the above



7. A postpartum doula's support can:
 - a. Provide a lasting and important impact on the family
 - b. Increase confidence in the mother and her family
 - c. Reduce feelings of anxiety, stress, and isolation
 - d. All of the above
8. When a client has questions about medical issues, the postpartum doula can:
 - a. Help facilitate conversations between the mother and the appropriate provider
 - b. Answer her questions because she has been trained and knows the answers
 - c. Tell the mother she doesn't need the answers right now
 - d. Have the mother go to the internet and do a search because the answers can always be found online
9. A certified postpartum doula understands:
 - a. That she can provide all of the answers the family needs because she is a trained professional
 - b. That families need individualized and culturally appropriate care
 - c. That all families recover the same way and need the same care
 - d. All of the above
10. After certification, a postpartum doula:
 - a. Does not need to take any further training or continuing education ever
 - b. Is on her own and can act any way she chooses because she is an independent provider and works for herself
 - c. Must complete the recertification process every three years to keep her certification
 - d. Does not need to do anything else because she was trained and is certified for life



FAMILY CENTERED MATERNITY CARE POST TEST

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

1. Common themes in family-centered maternity care (FCMC) include:
 - a. Birth is a normal healthy process for most women
 - b. Education should reflect evidence-based knowledge
 - c. Mothers and babies should stay together
 - d. All of the above

2. Pregnancy is acknowledged as a healthy life event rather than a condition that must be treated. This attitude will convey:
 - a. The healthcare provider is in charge
 - b. Support and encouragement
 - c. The need for close supervision of the pregnant woman
 - d. The importance of prenatal care

3. _____ are the primary caregivers of children.
 - a. Physicians
 - b. Parents
 - c. Midwives
 - d. Teachers

4. Open communication is necessary:
 - a. To ensure expectant mother's birth plan is followed
 - b. To prevent unnecessary procedures
 - c. To advise the healthcare team of the woman's condition
 - d. To provide the highest quality care

5. Relational competency includes:
 - a. Communicating facts
 - b. Communicating preferences
 - c. Sensitivity and compassion
 - d. Evidence-based practices

6. The goal of FCMC is to build the confidence of new parents by:
 - a. Giving excellent healthcare
 - b. Moving the baby from the inside to the outside
 - c. Supporting and encouraging them
 - d. Healthcare professionals performing parental tasks



7. Knowledge is:
 - a. Necessary to be a wise decision-maker
 - b. Letting the healthcare provider make the decisions
 - c. Following the most common practice
 - d. Not necessarily based on research
8. In the atmosphere of FCMC:
 - a. Reflects collaboration with healthcare providers
 - b. Includes uninterrupted skin-to-skin contact and breastfeeding immediately after birth
 - c. Parents can refuse routine procedures that are not evidence based
 - d. All of the above
9. Families who participate in FCMC:
 - a. Will experience greater satisfaction with their birth experience
 - b. Will have a healthy baby
 - c. Will have a quick delivery
 - d. Will have to make decisions all on their own
10. Significant transitions occur during the childbearing year. This includes:
 - a. Changing the size of your family
 - b. Physical, social, and emotional adaptations
 - c. Developing a relationship with your healthcare provider
 - d. Finding a bigger house



PHYSIOLOGIC BIRTH POST TEST

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

1. While the use of technology in maternity care world-wide increases, maternal/infant morbidity/mortality rates _____ significant improvements.
 - a. Have shown
 - b. Are likely to show
 - c. Are likely to not show
 - d. Have not shown
2. The World Health Organization (WHO) defines physiologic birth as all of the following except:
 - a. Spontaneous in onset
 - b. Low-risk at the start of labor
 - c. Safest in the medical setting
 - d. Remaining low risk through labor and delivery
3. The World Health Organization (WHO) further states that with physiologic birth the infant is born spontaneously in the vertex position between _____ weeks of pregnancy.
 - a. 37 and 42 completed
 - b. 39 and 40
 - c. 37 and 40 completed
 - d. 40 and 41 completed
4. For most women, physiologic birth is an achievable outcome of pregnancy.
 - a. True
 - b. False
5. A woman's confidence, autonomy, and personal knowledge may be directly influenced by the _____ she has prior to birth.
 - a. Passion
 - b. Education
 - c. Personal connections
 - d. Community status
6. Intervening in a normal physiologic birth, where there are no complications, _____ the risk of complications to the mother and baby.
 - a. Decreases
 - b. Makes no difference in
 - c. Increases
 - d. Predicts



7. Physiologic birth is evidence-based and _____ care for mothers and babies.
 - a. Necessary
 - b. Optimal
 - c. Legislated
 - d. Anecdotal

8. _____ must be at the forefront of a birth educator's presentation of physiologic birth.
 - a. Policies
 - b. Legislation
 - c. Informed decision making
 - d. Consistent procedures

9. A _____ between the laboring mother and her care providers places the client at the center of physiologic birth care.
 - a. Collaborative effort
 - b. Managed strategic effort
 - c. Prepared directive
 - d. Benevolent understanding

10. Keeping policies, procedures and practice guidelines _____ and evidence-based promotes physiologic birth.
 - a. Facility consistent
 - b. Practical
 - c. Readily available
 - d. Updated



COMFORT MEASURES POST TEST

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

1. Effleurage is:
 - a. A very specific form of massage that requires instruction/practice in order for it to be effective
 - b. A light touch massage-like movement over the pregnant abdomen performed by the pregnant woman that is frequently done without conscious effort
 - c. A light touch massage-like movement over the pregnant abdomen performed by a doula or support person
 - d. A term used to describe any massage during labor

2. Exteroceptors are specialized to detect sensory information from the external environment such as:
 - a. Visual, olfactory, gustatory, auditory and tactile
 - b. Visual and olfactory but not gustatory or tactile
 - c. Visual and gustatory but not olfactory, auditory or auditory
 - d. All but visual

3. For Hydration and Sustenance the following should be considered:
 - a. The body has fuel reserves and is able to cope with labor on its own therefor hydration and sustenance are superfluous
 - b. The only way to asses for thirst or dehydration during labor is to ask the laboring woman
 - c. Food should be avoided during labor so that the bowel is not distended which could impede delivery
 - d. Hydration and sustenance are important to fuel the body and assist with labor; Drinking and light meals should be considered on an individual basis

4. The following herbs have the potential to cause uterine stimulation and miscarriage:
 - a. Blue cohosh, black cohosh, evening primrose, aloe, ephedra, Epsom salts and Chinese tea rose
 - b. Blue cohosh, black cohosh, feverfew, evening primrose, aloe, Epsom salts and Chinese tea rose
 - c. Blue cohosh, black cohosh, feverfew, aloe, ephedra, Epsom salts and Chinese tea rose
 - d. Blue but not black cohosh, feverfew, evening primrose, Epsom salts



5. Hydrotherapy for comfort:
 - a. Shows a statistical decrease in pain during the first stage of labor
 - b. Has no statistical evidence but significant qualitative evidence
 - c. Shows a statistical decrease in pain during the second stage of labor but not the first stage
 - d. Can increase vasodilation thus slowing or stalling the labor
6. A Cochrane review of 15,061 women found the following with continuous support during labor:
 - a. The labor was approximately the same length but with a decrease in discomfort
 - b. Led to fast labors but without a decrease in pain perception
 - c. Decrease in cesarean birth but additional interventions
 - d. Decrease in cesarean birth, shorter labor and less medical interventions
7. Non-pharmacologic comfort measure should always be the first choice because:
 - a. There are no risks to these types of comfort measures
 - b. They are inexpensive and always lead to better outcomes
 - c. They may not be the first/best choice for all women; Benefits, risks and preferences must be evaluated
 - d. They can be done by the support person/team and don't require medical knowledge or training
8. Acupuncture and Aromatherapy have no evidence to support their effectiveness and should not be used for labor and birth.
 - a. True
 - b. False
9. Benefits of movement during labor include:
 - a. Balance and homeostasis along with muscle strength, stability and stretching
 - b. Balance and homeostasis but stretches should be avoided due to relax in levels in the system
 - c. Muscle strength, stability and stretching; Care should be taken as moms generally don't have good balance during labor
 - d. No documented benefits and most moms would prefer to lie down to labor so they can relax
10. Risk of using herbal preparations and homeopathic remedies include:
 - a. No risks involved as long as you are under the care of someone who is educated in their use
 - b. Herbal preparations and homeopathy should never be used for pregnant women as the risks are too high
 - c. Uterine overstimulation, rupture, and birth defects
 - d. Under stimulation of the uterus and prodromal labor along with possible birth defects

INFANT FEEDING POST TEST

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

1. Breastfeeding is recommended by:
 - a. IBM
 - b. LMN
 - c. WHO
 - d. BAC
2. The Healthy People Children 2020 goals:
 - a. Set goals for increasing the rates of formula feeding
 - b. Do not discuss employers
 - c. Do not reflect an increased breastfeeding rate
 - d. Reflect a reduction of newborns receiving supplemental formula
3. The American Academy of Pediatrics' statement on breastfeeding is titled Breastfeeding and the Use of Human Milk.
 - a. True
 - b. False
4. Infant outcomes related to breastfeeding include:
 - a. Lower risk of pneumonia
 - b. Higher risk of SIDS
 - c. Lower risk of impetigo
 - d. Higher rates of colic
5. Breastfeeding reduces:
 - a. The risk of maternal obesity
 - b. Risk of breast and ovarian cancer
 - c. Maternal appetite
 - d. Maternal sleep requirements
6. Breastfeeding can reduce the risk of maternal cardio-vascular disease.
 - a. True
 - b. False
7. Breastfeeding with HIV may be permitted in developing countries.
 - a. True
 - b. False



8. Practices which support successful breastfeeding include:
 - a. Separation of mother and baby
 - b. Not providing breastfeeding information
 - c. Not permitting a support person for labor
 - d. Initiating immediate skin to skin care
9. A common reason for early termination of breastfeeding:
 - a. Perception of low milk supply
 - b. Early initiation of breastfeeding
 - c. Non-separation of mother and baby
 - d. Strong family and community support
10. The WHO and HMBANA recommend donor milk if the mother is unable to provide her milk for her infant.
 - a. True
 - b. False



SKIN-TO-SKIN CONTACT POST TEST

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

1. Early skin-to-skin begins:
 - a. Within minutes
 - b. Immediately
 - c. When room is warm enough
 - d. Within 1 hour
2. Mothers can leave a bra on for best results of skin-to-skin.
 - a. True
 - b. False
3. Benefits of skin-to-skin include all but:
 - a. Higher blood glucose levels
 - b. Stable temperatures
 - c. Lower heart rate
 - d. Facilitates breastfeeding
4. Infants placed skin-to-skin:
 - a. Cry less
 - b. Spend more time in the nursery
 - c. Have less output
 - d. Sleep less
5. Infants show reduced stress reactions to pain when skin-to-skin.
 - a. True
 - b. False
6. Swaddling is more stressful than skin-to-skin according to Kennell and McGraw.
 - a. True
 - b. False
7. Kangaroo Mother care applies to all except:
 - a. Continuous skin-to-skin
 - b. Used for pre-term infants
 - c. Unable to use in the neonatal intensive care unit
 - d. Helpful for full term infants



8. Long term benefits of skin-to-skin include:
 - a. Less confidence in breastfeeding
 - b. Improved brain maturation
 - c. More independence
 - d. Later stubbornness
9. Kangaroo Mother care supports lower risk of infections.
 - a. True
 - b. False
10. When educating parents:
 - a. Can only occur after the birth
 - b. Should not include care procedures
 - c. Includes risk of separation
 - d. Must be taught by an RN

SOCIAL MEDIA AND HIPAA POST TEST

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

1. What is the definition of social media?
 - a. Facebook, Twitter, Pinterest
 - b. Websites and applications that enable users to create and share content
 - c. Apple and Android apps
 - d. Watching television news with a group
2. HIPAA is:
 - a. Electronic charting for nationwide medical access
 - b. Health Insurance Portability and Accountability Act
 - c. A federal law that makes it easier to protect confidentiality and securing of healthcare information
 - d. B & C
3. Maternal child health professionals should obtain a release form when doing:
 - a. Photography on a client's camera
 - b. Videography on a client's camera
 - c. Photo or videography on their own (the professional's) camera
 - d. Anytime when taking photos or video
4. Social media:
 - a. Is underutilized by professionals for teaching.
 - b. Can effectively empower women.
 - c. Can always be trusted for accuracy as it is written by professionals
 - d. A & B
5. One of the most common mistakes professionals make with social media is:
 - a. Posting their name and telephone number
 - b. Posting full information(or photos) about clients and client conditions
 - c. Not agreeing to the Terms and Conditions
 - d. Using cell phones
6. Once you post something online, even if it is removed, you can retrieve it by:
 - a. Clicking the back arrow on your browser
 - b. Visiting www.web.archive.org
 - c. You cannot retrieve it at all
 - d. Checking your spam box



7. When something is posted online:
 - a. That is posted online, stays online
 - b. It can be erased with the Eraser App
 - c. It can be reproduced, copy/pasted, forwarded, or emailed
 - d. It won't appear until you've accepted Terms & Conditions
8. Who is covered by HIPAA?
 - a. Health Plans
 - b. Health Care Clearing Houses
 - c. Health care providers who transmit health information in a standard electronic format
 - d. All of the above
9. The non-compliance of HIPAA rules could lead to civil and criminal penalties.
 - a. True
 - b. False
10. Social media is a useful tool to:
 - a. Increase knowledge and awareness about low-medical intervention births
 - b. Encourage informed decision-making
 - c. Engage expectant women to promote childbirth education and doula services.
 - d. All of the above



SUPPLEMENTAL EDUCATION

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

Providing Documentation

You don't need to provide supporting documentation unless you're audited. ICEA randomly audits 10 percent of recertification applications submitted. If you're audited, then you'll be asked to submit supporting documentation for each continuing education program listed on your application. We recommend you save both a digital and hard copy of your documents for your own records and in the event that you are selected for a random audit. If there is not sufficient evidence to support the completion of the required continuing education, then the application will be denied and the credential revoked.

____ I have a current Infant/Child/Adult CPR Certification

Signature: _____ Date: _____



EXAM APPLICATION

Candidate Information

Full Name: _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____

Phone: _____ Email: _____

ICEA Member Number: _____

This application must be received 30 DAYS before the chosen examination date.

The following documentation MUST accompany this application. Please check each item that is enclosed.

- _____ Verification of current or prior certification (no more than two years expired) with ICEA or Another recognized childbirth educator organization.
- _____ Copies of passed ICEA Position Paper Post Tests
- _____ Verification of current Infant/Baby/Adult CPR Certification
- _____ Certification Exam Fee

Philosophy Statement

"I support the natural process of childbirth and the right of the expectant parent to make informed decisions based on the knowledge of alternatives. As an ICEA certified educator, I will work with other healthcare professionals and consumers to promote family-centered maternity care, breastfeeding, and parent-infant bonding. I advocate parental participation in childbirth and the avoidance of medical intervention in uncomplicated labors. I accept as my primary responsibility the preparation of expectant parents, both mentally and physically, to participate in an individually satisfying pregnancy, labor, birth, and introduction to parenthood."

Signature: _____ Date: _____

Exam Details

Date: _____ Day of Week: _____ Time: _____

Exam Location (Must be a Public Facility): _____

Address: _____ City/Town: _____

State/Province: _____ Zip/Postal Code: _____ Country: _____



Proctor Details

Full Name: _____ Credentials: _____

Qualifications & Relationship to Candidate: _____

Email Address(es): _____

Access to the online exam will be emailed directly to the proctor at the email address below. Please make sure the email address is accurate and complete to ensure a timely delivery. It is the responsibility of the examination candidate to make sure the proctor has received access to the online exam.

Payment Details

ICEA's exam pricing structure is a reflection of our goal to improve birth outcomes for all families in the international community. Find your country's category and corresponding fee below.

Country Category	2023 ICEA Dues (USD)	2023 Fee (USD - with 5% discount applied) if already Certified in another ICEA certification
Category A	\$390	\$370
Category B	\$113	\$107
Category C	\$64	\$61
Category D	\$47	\$45

CATEGORY A:

Andorra, Antigua and Barbuda, Argentina, Aruba, Australia, Austria, Bahamas, Bahrain, Barbados, Belgium, Bermuda, British Virgin Islands, Brunei Darussalam, Canada, Cayman Islands, Channel Islands, Chile, Croatia, Curacao, Cyprus, Czech Republic, Denmark, Estonia, Faeroe Islands, Finland, France, French Polynesia, Germany, Gibraltar, Greece, Greenland, Guam, Hong Kong (SAR), Hungary, Iceland, Ireland, Isle of Man, Israel, Italy, Japan, Korea, Rep., Kuwait, Latvia, Liechtenstein, Lithuania, Luxembourg, Macao (SAR), Malta, Monaco, Nauru, Netherlands, New Caledonia, New Zealand, Northern Mariana Islands, Norway, Oman, Poland, Portugal, Puerto Rico, Qatar, San Marino, Saudi Arabia, Seychelles, Singapore, Saint Maarten (Dutch part), Slovak Republic, Slovenia, Spain, St. Kitts and Nevis, St. Martin (French part), Sweden, Switzerland, Taiwan, Trinidad and Tobago, Turks and Caicos Islands, United Arab Emirates, United Kingdom, United States, Uruguay, Virgin Islands (U.S.)

CATEGORY B:

Albania, Algeria, American Samoa, Angola, Azerbaijan, Belarus, Belize, Bosnia and Herzegovina, Botswana, Brazil, Bulgaria, China, Colombia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, Equatorial Guinea, Fiji, Gabon, Georgia, Grenada, Iran (Islamic Rep.), Guyana, Iraq, Jamaica, Jordan, Kazakhstan, Lebanon, Libya, Macedonia (FYR), Malaysia, Maldives, Marshall Islands, Mauritius, Mexico, Montenegro, Namibia, Palau, Panama, Paraguay, Peru, Romania, Russian Federation, Serbia, South Africa, St. Lucia, St. Vincent and the Grenadines, Suriname, Thailand, Turkey, Turkmenistan, Tuvalu, Venezuela RB



CATEGORY C:

Armenia, Bangladesh, Bhutan, Bolivia, Cabo Verde, Cambodia, Cameroon, Congo (Rep.), Côte d'Ivoire, Djibouti, Egypt (Arab Rep.), El Salvador, Ghana, Guatemala, Honduras, India, Indonesia, Kenya, Kiribati, Kosovo, Kyrgyz Republic, Lao (PDR), Lesotho, Mauritania, Micronesia (Fed. Sts.), Moldova, Mongolia, Morocco, Myanmar, Nicaragua, Nigeria, Pakistan, Papua New Guinea, Philippines, Samoa, São Tomé and Príncipe, Solomon Islands, Sri Lanka, Sudan, Swaziland, Syrian Arab Republic, Tajikistan, Timor-Leste, Tonga, Tunisia, Ukraine, Uzbekistan, Vanuatu, Vietnam, West Bank and Gaza, Yemen (Rep.), Zambia

CATEGORY D:

Afghanistan, Benin, Burkina Faso, Burundi, Central African Republic, Chad, Comoros, Congo (Dem. Rep.), Eritrea, Ethiopia, The Gambia, Guinea, Guinea-Bissau, Haiti, Korea, Dem. People's Rep., Liberia, Madagascar, Malawi, Mali, Mozambique, Nepal, Niger, Rwanda, Senegal, Sierra Leone, Somalia, South Sudan, Tanzania, Togo, Uganda, Zimbabwe

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Please submit this form to:
 ICEA, 110 Horizon Drive, Ste. 210, Raleigh, NC 27615, USA
info@icea.org

