

Janelle Durham, MSW, CD, LCCE

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www.gooddayswithkids.com / www.transitiontoparenthood.com

EDUCATION AND TRAINING

- 2012 **Simkin Center.** Kenmore, WA. Perinatal Support Group Facilitator Training.
- 2002 – present Continuing Education: frequent attendance at conferences including Regional Association of Childbirth Educators, Lamaze International Conference, annual convention of International Childbirth Education Association, and others.
- 2005 **Lamaze International.** Austin, TX. Lamaze Childbirth Educator Training.
- 2004 **Childbirth and Postpartum Professional Association (CAPP).** Seattle, WA. Childbirth Educator Training.
- 2004 **Evergreen Perinatal Education / Evergreen Hospital.** Kirkland, WA. Basic Course for Lactation Specialists, and Lactation Educator Training.
- 2003 **Seattle Midwifery School / DONA.** Seattle, WA. Doula Trainer Workshop.
- 2003 **International Childbirth Education Association.** Chicago, IL. Postnatal Educator Training.
- 2003 **Bates College.** Tacoma, WA. Birthing from Within Mentor Training.
- 2000 - 2001 **Bastyr University.** Kenmore, WA. Professional Certificate in Spirituality, Health, and Medicine. Final project: paper on “Energy Medicine: Hands-On Healing of the Human Energy Field.”
- 2000 **Birth Education NW.** Seattle, WA. Childbirth Educator training at Seattle Midwifery School.
- 1999 **Seattle Midwifery School.** Seattle, WA Labor Support Doula and Postpartum Doula Training.
- 1991 - 1993 **University of Washington School of Social Work.** Seattle, WA. MSW awarded June 1993. Human Services Concentration, Health Care Specialization.
- 1985 - 1989 **Brandeis University.** Waltham, MA. BA with honors in Sociology.

CERTIFICATIONS

- Certified Childbirth Educator – Lamaze International, 2005 – present.
- Certified Childbirth Educator – International Childbirth Education Association, 2004 – present.
- Certified Labor Support Doula – Pacific Association for Labor Support, 2001 – 2010.

EXPERIENCE

- 8/13 – present **Parent Educator, Bellevue College.** Bellevue, WA. Teach classes on parenting skills and child development for parents of toddlers. Provide one-on-one consultation as needed.
- 2/13 – 6/13 **Interim Program Coordinator, Great Starts, Parent Trust for Washington Children.** See below.
- 11/10 – 6/13 **Program Designer, PEPS – Program for Early Parent Support.** Seattle, WA. Revise curriculum for leader training, revise topic guide, resources for group leaders. Annual evaluation.
- 9/09 – 11/10 **Program Director, PEPS – Program for Early Parent Support.** Seattle, WA. Supervised programs offering peer support groups to 1800 new families per year. Oversaw program budget and scheduling, coordinated with community partners, and conducted leader trainings.
- 1/09 – 11/12 **Consultant and Trainer, Great Starts program at Parent Trust for Washington Children.** Seattle, WA. Develop curricula and class materials for childbirth preparation and parenting classes. Lead trainer for childbirth educator training.

- 6/04 – 12/08 **Program Coordinator, Great Starts Birth & Family Education.** Seattle, WA. Coordinated program that provides childbirth preparation, breastfeeding, newborn care, and infant safety classes to over 2000 students per year, at 8 sites. Supervised 35 instructors. Developed and revised curricula and class materials. Oversaw class budget and scheduling. Coordinated with hospital affiliates, and managed contracts. Administered, and taught Childbirth Educator Training at Great Starts and developed curriculum for training at Seattle Midwifery School.
- 6/04 – 6 / 12 **Board of Trustees, Eastside Preparatory School.** Kirkland, WA. Served on this board from before the school opened till it was a school serving 220 students in grades 5 – 12.
- 7/02 – 6/04 **Training and Certification Coordinator for Birth Education Northwest.** Seattle, WA. Served as liaison for the Childbirth Educator Training for Seattle Midwifery School; updated class curriculum and outlines. Supervised instructor trainees through the process of certification.
- 11/01 – present **Childbirth Educator and Postpartum Educator.** I have taught classes to over 3500 students. Classes include: Preconception Health, Early Pregnancy, Childbirth Preparation, Refresher classes, Breastfeeding, Newborn Care, Life with Baby, Baby Safety, Couples' Relationship skills, Self-Care in Postpartum, Sleeping like a Baby, and Starting Solid Foods.
- 6/02 – present **Website Author.** Write three blogs / websites, on pregnancy, newborns, and children 1 – 5 years old. Each includes articles for parents and resources for educators and other professionals.
- 3/99 – present **Labor Support Doula.** Have attended 30 births as a doula, including home, birth center, and hospital births with a diverse array of clients. Served as a preceptor for 4 doula apprentices.
- 6/94 – present **Program for Early Parent Support.** Seattle, WA
Volunteer. Facilitated support groups for new mothers. Developed topic guides and handouts for volunteer facilitators. Assisted with program development for PEPS Plus. Currently, I serve as a guest speaker on topics of starting solid foods, couples relationship, and self-care for parents.

PUBLICATIONS

- Websites / Blogs: More Good Days with Kids (gooddayswithkids.com); More Good Days with Babies (gooddayswithbabies.wordpress.com); Transition to Parenthood (transitiontoparenthood.wordpress.com)
- Simkin, Whalley, Keppler, Durham. Simple Guide to Having a Baby. Meadowbrook Press, 2012.
- Simkin, Whalley, Keppler, Durham, Bolding. Pregnancy, Childbirth, & the Newborn. Meadowbrook Press, 2010.
- Durham, J. "Great Starts Guide to Hospitals, Birth Centers, Home Birth Midwives in King County" 2008, 2012.
- Durham, J. Having a Baby: Your Personal Workbook. (Designed to accompany Pregnancy, Childbirth, and the Newborn and The Simple Guide to Having a Baby by Simkin, Whalley & Keppler.) Meadowbrook Press, 2006.
- Durham, J. "The Tools we Bring to a Birth." International Doula, 2006.

CONFERENCE PRESENTATIONS

- "Evaluating the Outcomes of Our Childbirth Classes" poster. Lamaze International, Louisville, KY. 2008.
- "How to teach so your students will listen: Learner-Centered Education" presentation and "Developing a Consumer Guide to Local Birthplaces" poster presentation. Lamaze International, Phoenix, AZ. 2007.
- "Building Peer Support Networks for New Parents" – DONA International, Denver, CO. 2006.
- "Unexpected Outcomes" – La Leche League of Washington conference, 2004 and 2006.
- "Sleeping like a baby: The how, when, where, and why of infant sleep." La Leche League of Washington, 2006.
- "How to Teach so Your Students Will Listen: Learner-Centered Education". Annual Conference for Regional Association of Childbirth Educators, 2006.