

Module Seven

CBE & Doula Progress Checklist

- [Welcome: The Return](#)
- [Inanna Audio](#)
- [Teaching Videos \(1, 2, & 3\)](#)
- [Reading Assignment](#)
- [Birth Justice Inquiry](#)
- [Mentoring Skills: Mentoring Parents Through their Birth Journey](#)
- [CBE Skills: Postpartum Reunions and Gatherings](#)
- [Doula Skills: Postpartum Visits](#)
- [Map: Birthing Again](#)
- [Resource: Birthing Again](#)
- [Demo video: Pain Coping- Circular Breathing](#)
- [Map: Pain Coping-Circular Breathing](#)
- [Home Practice: Circular Breathing](#)
- [Map: Postpartum Scaling](#)
- [Map: Postpartum Transition Plan](#)
- [Map: Postpartum Expectations](#)
- [Resources: Postpartum](#)
- [Home Practice: Choose a Map](#)
- [Resource Document: Birth Gates](#)
- [Home Practice: Rituals of the Return](#)
- [Map: Good Enough Parent](#)
- [Map: Footbath and Massage Ritual](#)
- [Map: Birth Bundles](#)
- [Home Practice: Choose a Map](#)
- [Birth Art Map: Welcoming Baby](#)
- [Home Practice: Welcoming Baby](#)
- [Personal Reflection Journal Prompts](#)
- [Self-Assessment](#)