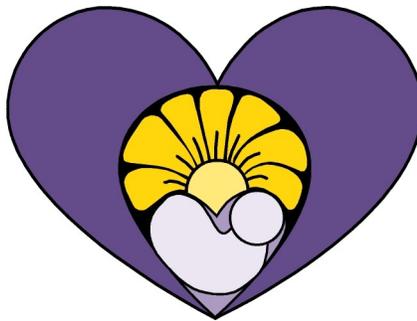


# *Mum's the Word*

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A

Lamaze-Accredited  
Childbirth Educator Program



P.O. Box 1872  
Monterey, CA 93942

(831) 238-0655

[www.mumsttheword.biz](http://www.mumsttheword.biz)



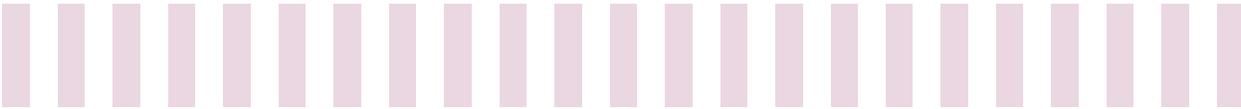
## About Lamaze International

Forty years of research and learning from women's experience of normal, natural birth have provided evidence that has gradually but dramatically changed Lamaze from being a method for giving birth, to a philosophy that provides the foundation and direction for women as they prepare to give birth and become mothers. "Breathing" is no longer the hallmark of Lamaze. The Lamaze Philosophy of Birth is at the heart of Lamaze education and has been for nearly a decade, the driving force for significant changes in Lamaze preparation for childbirth.

Today's Lamaze affirms the normalcy of birth, acknowledges women's inherent ability to birth their babies and promotes the Lamaze Healthy Birth Practices. The Lamaze Certified Childbirth Educator promotes, supports and protects every woman's right to give birth, confident in her own ability, free to find comfort in a wide variety of ways, and supported by her family and all members of the health care team.

### The Lamaze Childbirth Educator Competencies:

- ♥ **Competency 1:** Promotes the childbearing experience as a normal, natural, and healthy process which profoundly affects women and their families.
- ♥ **Competency 2:** Assists women and their families to discover and to use strategies to facilitate normal, natural, and healthy pregnancy, birth, breastfeeding, and early parenting.
- ♥ **Competency 3:** Helps women and their families to understand how complications and interventions influence the normal course of pregnancy, birth, breastfeeding and early postpartum.
- ♥ **Competency 4:** Provides information and support that encourages attachment between babies and their families.
- ♥ **Competency 5:** Assists women and their families to make informed decisions for childbearing.
- ♥ **Competency 6:** Acts as an advocate to promote, support, and protect natural, safe and healthy birth.
- ♥ **Competency 7:** Designs, teaches, and evaluates a course in Lamaze preparation that increases a woman's confidence and ability to give birth.



## How Do I Become Lamaze Certified?

### *Eligibility requirements to take the Lamaze Certification Exam*

There are a number of ways to certify with Lamaze. The best thing for you to do is to visit the [Certification Preparation link](#) on the [Lamaze website](#) for the most current and up-to-date information.

Once you decide you would like to certify with Lamaze, then you choose a program seminar to attend (we hope it's ours!). Again, the Lamaze website has the best information about the current Program Seminar offerings.

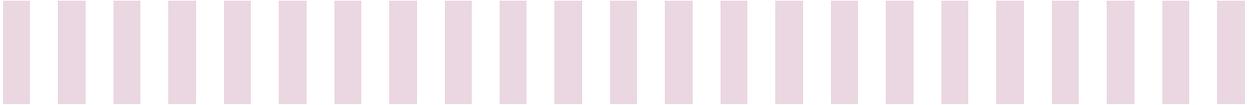
## Mum's the Word: A Childbirth Educator Program

Mum's the Word: A Childbirth Educator Program is directed by Michele Nizza, CD(DONA), CMT, CLEC, LCCE, FACCE. She has been a member of the birthing community (and all that it entails) for over 14 years, having started her career immediately after the birth of her first daughter.

Michele's experience includes being a doula, childbirth educator, lactation counselor/educator, and prenatal and postpartum massage therapist. She also mentors new and experienced doulas and has created an ICEA-approved Advanced Doula Training.

Michele's mission for **Mum's the Word: A Childbirth Educator Program** is to promote the Lamaze mission, to train those interested in teaching childbirth education to expecting parents, and to increase the number of Lamaze Certified Childbirth Educators in the United States.

For more information about Michele or to register for the program, check out her website, [Mum's the Word](#). You may also follow her on [Facebook](#), [Instagram](#), and [Twitter](#).



## The Seminar

Our seminar is worth 25.5 contact hours of continuing education through Lamaze International.

### **Seminar Fees for ALL Pathways: \$600.**

Fee includes the seminar, contact hours, snacks during the seminar, mentoring by phone, email, and/or video conferencing, and review/feedback of your course design that you will write (if you desire). **The cost of the certification exam is not included in this fee.**

*For those needing financial assistance, depending on the number of paid registrations, I may be able to offer a full or partial work grant to someone in need. I ask that you be willing to help with setup, welcome attendees, set up lunch, clean up and tear down. You **must** be able to prove your need if asked. If approved, you will be required to sign an agreement. Please contact Michele for more information.*

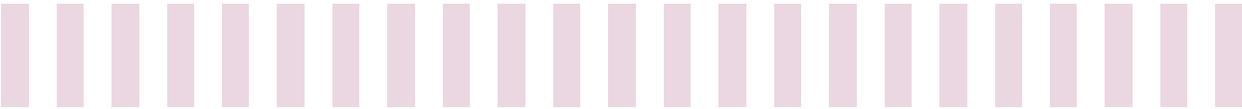
### **Payment options**

There are two payment options available to you.

1. You may pay your balance in full when you submit your [registration](#), OR
2. You may pay a non-refundable deposit of \$200 on the [registration page](#), then agree to make a minimum monthly payment of \$100. The balance of \$400 must be paid no later than 30 days before the first day of the seminar (you may pay off the balance at any time through the Mum's the Word website on the [Make a Payment page](#)). If you do not pay your balance by the final due date (30 days before the first day of the seminar), you will forfeit your deposit and lose your space in the seminar.

*I will do my best to assist you if you have any concerns about payments and attendance. Communication is key in order for me to help you. Thank you for your understanding and cooperation.*

Before applying for the seminar, please decide which Pathway you would like to follow. Check the [Lamaze website](#) for the most up-to-date information.



## Seminar Requirements:

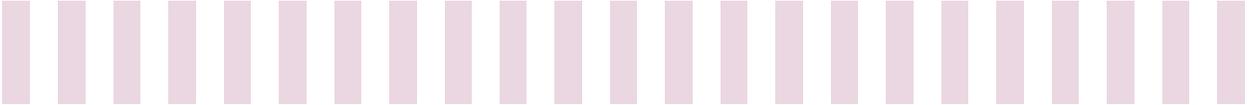
1. Complete the [seminar registration form](#) and upload required documentation;
2. Pay [registration fees](#) in full or with a deposit;
3. **Purchase and self-study** the [Lamaze Learning Guide](#) **before** attending the seminar. The cost is currently \$225 through [Lamaze International's website](#) and is **not** included in the registration fee;
4. **Purchase and read** [The Official Lamaze Guide](#) **before** attending the seminar.
5. **Purchase and read** [Pregnancy, Childbirth and the Newborn](#) **before attending the seminar.**
6. Practice teach a 15-minute segment to attendees **during** the seminar;
7. Attend seminar **in full**. Partial attendance credit **is not given**. If you must leave for illness or another urgent matter, you must make up the time missed in order to receive full credit. You will discuss with Michele a plan to do this.

**Seminar attendees must take the Lamaze Certification Exam within three years of completing the seminar.**

## The Lamaze Exam

Once you have fulfilled the eligibility requirements for taking the Lamaze Certification Exam, you will need to:

1. Complete the [Lamaze Certification Exam application](#) to sit for the exam;
2. Take the exam.



## **Cancellation/Refund/Transfer Policy**

All cancellations/refunds/transfer requests must be done in writing.

1. You may transfer your paid fees to another seminar date no later than 30 days in advance of the seminar start date.
2. We will also accept, with 30 days notice of the start date, an alternate attending in your place if you cannot attend.
3. Cancellations made 30 days prior to the *start* date of the seminar, will receive refunds less a \$200 administrative cancellation fee.
4. Deposits are *non-refundable* but may be transferred to another seminar date with 30 days' notice *before* your original seminar date.

## **Grievance and Appeal Policy**

If the student has any concerns or complaints, please contact Michele Nizza, Director of the Mum's the Word: A Lamaze Childbirth Educator Seminar, to try to resolve the issue. If the student is not satisfied with the initial outcome, Michele will request a letter be submitted with the student's desired resolution within 15 days of the initial conversation. Michele will then consult with the Lamaze Administrative Office and Accreditation Council for resolution and, based on their recommendation, within 30 days, will provide a resolution based on the student's desires, offer a compromise, or deny the request.

## **Contact Information**

Michele Nizza, Director

P.O. Box 1872

Monterey, CA 93942

(831) 238-0655

[lamazeseminar@mumsttheword.biz](mailto:lamazeseminar@mumsttheword.biz)



Lamaze International has awarded 25.5 hours of CNE credit for successful completion of this activity.

Lamaze International is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Activity Number SEM 0289-02

This activity has been approved by Lamaze International for 25.5 Lamaze Contact Hours.

This activity is accepted by ICEA for 25.5 Contact Hours .

Lamaze International is also a provider approved by the California Board of Registered Nursing, Provider Number 15932.

