

Kim Palena James

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"...Kim was great -- An enthusiastic and engaging instructor. I appreciated especially her efforts to make all viewpoints welcome ..."

KB & AB
Expecting a 2008 homebirth

"...Kim was an excellent, excellent instructor, and we found ourselves discussing her strengths after every class. -- She balanced great knowledge of the topics with a natural ability to engage us for close to 4 hours!"

ES & EO
2006 First-time parents

"...I thought Kim was a great instructor - she is knowledgeable and seemed to

Professional Profile

Enthusiastic, high-energy childbirth educator and birth doula looking to expand my adult-learner audiences. Excited to increase expectant families' childbirth and parenting knowledge, confidence and coping skills. DONA International and PALS Doulas certified birth doula. International Childbirth Education Association (ICEA) and Lamaze International certified childbirth educator.

- High personal priority on annual continuing education in obstetrics, midwifery, labor support, breastfeeding, childbirth education and adult learning with emphasis on identifying changing trends and the potential impact for expectant families.
- Firm believer that the best learning comes from what teachers ask students to do rather than what a teacher says or shows.

Education, and Certifications

B.A. in Business Administration

1989 - University of Washington, Seattle, WA

Doula and Childbirth Educator Training & Certifications

2010 – DONA-Approved Doula Trainer Certification

2009 - DONA International Doula Trainer Training

2009 - DONA International Certified Birth Doula Certification

2009 - International Childbirth Education Association ICCE Re-Certification

2008 - Lamaze International LCCE Childbirth Educator Certification

2008 - Seattle Midwifery School, Labor Support Course

2005 - International Childbirth Education Association ICCE Certification,

2001 - Childbirth Education Association of Seattle CCE Certification

2001 - Childbirth Education Association of Seattle, Childbirth Educator Training

2001 - Seattle Midwifery School, Childbirth Educator Training

be able to tailor her style to the different levels of understanding and knowledge. I also feel like she did a great job of being open and responsive to the different choices that couples were making re: pain medication, circumcision, etc..”

AW, MD
2005 First-time father

“...I can’t tell you how much I appreciated you at our birth. I know it would have been a less enjoyable experience without you. You gave me the confidence to go on when I had my moments of doubt. Your calm demeanor and “take charge” but not “take over” presence was exactly what I was hoping you would add to our experience. You were totally professional, yet loving..truly the best.”

HH
2004 First-time mother

2001 - PALS Doulas Labor Doula Certification
2000 - Seattle Midwifery School, Labor Support Course

Employment

Bastyr University, Kenmore, Washington

2009 – Present, Labor Support Course Instructor

Parent Trust for Washington Children (Great Starts), Seattle Washington

2004 – Present, Great Starts Workshop Trainer

2001 – Present, Certified Childbirth Educator

Self Employed, Seattle, Washington

2000 – Present, Certified Birth Doula

Starbucks Coffee Company, Seattle Washington

1994 – 1998, Northwest Region Retail Manager

University of Washington, Seattle Washington

1989 – 1994 Associate Director of Development

Volunteer Roles

DONA International SPAR for Washington State, 2010 to Present

Lamaze International Membership Committee Member, 2009 - Present

REACHE Board Member, 2008 - Present

Creator of www.DoulaMatch.net, 2008 - Present

CEAS/Great Starts Education Committee Member, 2002 - Present

St. John School Volunteer Coordinator, 2005 - 2009

PEPS Neighborhood Group Leader, 1999 - 2001

Professional Memberships

PALS Doulas

DONA International

International Childbirth Education Association

Lamaze International

