

Sandra Cristina Santos Oliveira

Rua do Olival, nº 51
Sampaio
2970-584 Sesimbra

Portugal

Phone: +351 21 087 82 15
Cell: + 351 93 720 16 30
e-mail:
sandra.oliveira@bionascimento.com
web: www.bionascimento.com

Professional Experience

Web Page Founder and Manager, March 2005-present

www.bionascimento.com. The first web page in Portugal with current birth information. Since then several English articles and documentation has been translated, but the most important achievement was in 2008 with the on-line free rights author permission to the Brazilian Portuguese version of "Guide to Effective Care in Pregnancy and Childbirth".

Professional Birth Doula, January 2005-present

98 families supported. Birth type experiences including numerous, homebirths, both medicated and unmedicated hospital births.

From May to August of 2005 (a day per week) the first and unique Doula Hospital Project in Portugal with a referenced care hospital – Garcia de Orta Hospital. During 2005 and 2006 the Doula work was presented to the local Health Centers . Before starting work as a professional, 10 families were supported on a volunteer basis.

Teaching Experience, November 2006-present

Written curriculum, presented informative information, selected audio visual materials. Consistently excellent evaluations from attendees in regards to organization, presentation, visual aids, dynamics used and speaker effectiveness.

- *Baby Massage Instructor*, November 2006-present

- *Childbirth Workshops and Classes*, May 2006 – present

- Childbirth educator at Academia das Mamãs, August 2009-present

- Informative Workshops at Centro Pré e Pós Parto, 2007-present

- Nascer Saudável (Healthy Birth) couples intensive courses, 2007-present
Wrote and presented original curriculum and informative documentation.

- Yoga & Parto (Yoga & Birth). Informative sessions for couples, 2006
Team work with an yoga instructor.

Lactation Consultant

Several mothers and babies supported. Great results with re-lactation situations and formula feeding into exclusively breastfeeding. 2005-present.

Founder of EntreMães support group. One meeting per month since November 2009. Since then many spontaneous groups have been created in Portugal.

Organizing courses and workshops for professionals, 2005-present.

Organized a total of 11 courses with international trainers, all for the first time in Portugal:

- “ *A Turn Point in Birth*” with Michel Odent. Two workshops for professional caregivers in Garcia the Orta Hospital and Alfredo da Costa Maternity. November 2005
- “ *Birth, millenary knowledge*” with Naolí Vinaver – 16 hrs. July 2007
- “ *Introduction into Water Birth Care I*” with Cornelia Enning – 8 hrs. April 2008.
- “ *Natural Birth*” and “ *Holistic Care in emergency Situations*” with Verena Schmid – 32hrs. September 2008.
- “ *Anatomy and Childbirth Classes*” with Nuria Vives (Blandine Calais-Germain method trainer) 55 hrs. September 2009; April 2010.
- “ *Introduction into Water Birth Care I*” and “ *Holistic Care in Water Birth Emergency Situations*” with Cornelia Enning – 16 hrs. October 2009.
- “ *Midwifery Care in Pregnancy*” with Verena Schmid – 24 hrs. February 2010
- “ *The Female Perineum and the Birth*” with Nuria Vives (Blandine Calais-Germain method trainer) 28 hrs. June 2010

Organizing free events for the public, 2005-2010.

- “ *Needs, dreams and reality*” with Michel Odent. Universidade Autónoma de Lisboa. November 2005.
- *Breastfeeding World Week* –Organized an appointment in Monsanto (a public park in Lisbon) with the title of “ *Breastfeeding in Public*”. Was the first time in Portugal this week was celebrated. Information about Code Watch: 25 Years of Protecting Breastfeeding was given to the media. The initiative appeared in some TV Channels and National Journals. August 2006.
- *Breastfeeding World Week*. August 2007.
- *Water Birth Informative Session for Couples* with Cornelia Enning at Sesimbra Cine-Teatro João Mota (this wasn't a free entry, but the money from these sessions was used to offer Birth Balls to those hospitals that have been seeking to make changes in birthing practises –S. João Hospital in Oporto; Garcia de Orta Hospital in Almada and Alfredo da Costa Maternity in Lisbon). April 2008.
- *World Birth Respect Week*. May 2008
This was the first time ever that such a week was celebrated in Portugal. Organized an appointment in Belém (a public garden in Lisbon).
- *Water Birth Informative Session for Couples* with Cornelia Enning at Sesimbra Cine-Teatro João Mota. October 2009

Customer Service Supervisor and Commercial Assistant. 1991 to 2004.

Worked in five companies. Last job was in the Gillette Company Portugal as a Customer Service Supervisor in the area of Allowances and Invoices.

Education

- DONA Birth Doula Certification – April 2011
- *Anatomy and Childbirth Classes Course (Blandine Calais-Germain Method)* – 56 hrs. October 2009
- *Birth Doula Workshop* with Debra Pascali-Bonaro – 21 hrs. November 2006
- *Birth Doula Course* with Michel Odent and Liliana Lamers in Barcelona – 24 hrs. January 2005.
- *Post-Partum Doula Course* with Ortrud Lindman MD – 18 hrs. July 2005.
- Baby Massage Instructor with the International Association of Baby Massage - 32 hrs. April 2005, Certified in November 2006.
- *Lactation Consultant* – WHO/Unicef training – 40 hrs. September 2005.
- *Initial Pedagogic Training for Trainers* – 96 hrs. March 2005
- *High School Graduate: courses in Philosophy and Portuguese Literature*.1991

As a Comercial Assistant and a Customer Service Supervisor, I completed a sum total of 1324 hours of continuing education in such business area.1991-2002

Presentations

- “*Humanizing birth and Business of Being Born film discussion*”. Workshop with medicine students. New University of Lisbon. May 2011.
- “*Natural Birth, humanizing birth – How is born today in Portugal?*” Informative and debate with maternal health caregivers. Cascais Health Center. April 2010.
- “*Doula Role*”. Informative presentation to midwifery students. *Tertiary Nursing College* of Lisbon. March 2007; April 2008 and March 2010.
- “*Humanizing Birth*”. Informative session. Earth Fair of Seixal. July 2009.
- “*Respected Birth*”. Pregnancy, birth and parentality: *Being a mother and father in Portugal*. ESCA. May 2009.
- “*Water Birth*”. Barrigas de Amor event. July 2008
- “*O Parto no feminino*”. *Born in Portugal: Suffering or pleasure?* Pais & Filhos magazine debate. May 2008
- “*The Doula and Midwife – together in birth for mother-baby care*”. Informative presentation to midwifery students. *Tertiary Nursing School of Lisbon*. April 2008

Written Articles

Valsalva Maneuvre - Breath, close your mouth and push! April 2007

Childbirth Classes, what results? June 2005

Both articles were published on the BioNascimento web page and are printed as informative documentation at many childbirth classes centres.

Conferences Attendance

- Midwifery Today Conference in Bad Wildbad, Germany. October 2008.
- Lactation Consultant 3rd National Meeting, Portugal. March 2008.
- Pre and Post Natal Affectivity organized by Nurses-Midwives Association, Portugal. May 2007.
- Birth Clinic Symposium organized by Garcia de Orta Hospital; S. João Hospital; Santa Maria Hospital and Coimbra University Hospitals, Portugal. April 2007
- Midwifery Today conference in Bad Wildbad, Germany. October 2006
- Lactation Consultant 1st National Meeting, Portugal. May 2006
- CIMS 10th Meeting/Forum, USA. February 2006 (attended with a scholarship)

Media Appearances and Cooperation

TV

Natural Birth, As tardes da Júlia, TVI, September 2009

Home birth and new Dutch evidence, News, TVI, August 2009

The Cesarean Birth, Mundo das Mulheres, SIC, October 2008

World Respected Week, Fátima Lopes, SIC, May 2008

Humanizing Birth, Mundo das Mulheres, SIC, October 2007

As donas do parto, Grande Reportagem, TVI, May 2007

What is a Doula?, News, RTP1. December 2005

Radio

Home Birth, RadioClube, 106.9 FM, 2008

The Doula work, Radio Santiago, 103.9 FM, 2005

Magazines and Newspapers

Doulas, como ajudam no parto?(Doulas, how do they support during labor?), Bebê d'Hoje, February 2010

Nascer na Água (Born in Water), A nossa Gravidez, February 2010

A nossa Doula (Our Doula), Pais & filhos, September 2009

Nascimentos em casa crescem 40% (Home birthing grows 40%), Diário de Noticias, March 2009

A importância de ter uma Doula (The importance of having a Doula), Mariana, January 2009

Apoio antes, durante e pós-parto (Support before, during and after birth), Jornal de Noticias, January 2009

Nascer dentro de Água (Born in Water), Maxima, June 2008

A Humanização do Parto (Humanizing Birth), Bebê d'Hoje, June 2007

A febre da indução (The induction fever), Pais & Filhos, June 2007

Em estado natural - descobrir o corpo e ganhar tranquilidade (Be Natural - discovering the body and getting tranquility), Bebê d'Hoje, Maio 2007

Sandra apoia mulheres em trabalho de parto (Sandra supports women during labor), Público, December 2005

Doula, uma profissão desconhecida (Doulas, an unknown profession), Noticias da Manhã, June 2005

Doula, Jornal de Sesimbra, June 2005

Languages

Speaking and writing knowledge of English.

Conversant in Spanish.