



## Content

We are looking for research based articles and anything new or cutting edge that not everyone knows about:

- optimal fetal positioning
- rebozo
- a synopsis of current studies
- postpartum depression
- infant/newborn care
- lactation support
- optimal birthing positions
- nutrition during pregnancy, and during lactation
- business tips
- suggestions for the CAPP A segment “Spotlight on a CAPP A member”
- teen education and support during pregnancy, childbirth, and in the postpartum period
- breastfeeding the adopted baby.
- breastfeeding with a handicap or disease

We would also like to see other topics that relate to childbirth and postpartum issues. Additionally we publish artwork, poetry, book and DVD reviews and photographs.

## CEU Requirements

- 2 CEUs will be awarded for an article that has been published in the CAPP A Quarterly to be used for CAPP A recertification; with a maximum of 4 CEU’s provided within the recertification period.
- CEUs awarded beyond the 4 for CAPP A recertification may be used for other organizations that recognize CAPP A CEUs. You must inquire with these organizations as to their CEU policies.
- Articles for CEU’s must be 2500 words, and sources must be sited.
- You must print the published article(s), include the edition it was published in, and submit with recertification materials. It has to be done within the three year period from the date of certification to the time of recertification.

## Deadlines

November 30<sup>th</sup>

March 15<sup>th</sup>

June 15<sup>th</sup>

September 1<sup>st</sup>

## Submission Guidelines

Articles may be edited for any reason including length, clarity, reader appeal and adherence to Quarterly guidelines and CAPP A policies. Due to space limitations an article may be held for a future issue.

The Quarterly does not publish advertisements, photographs or stories about bottles or infant formula. CAPP A reserves first rights of publication. After publication in the CAPP A Quarterly, copyright returns to the author or photographer.

- You must obtain written permission for CAPP A to publish your client’s story, names, and photographs in the CAPP A Quarterly. The liability release form can be downloaded from [www.cappa.net/quarterly.php](http://www.cappa.net/quarterly.php).
- Article details: articles must be titled, 600-1000 words, articles for CEU’s must be 2500 words, all articles must site sources. A bio note must accompany the article including the author’s credentials written in third person.
- Please send photographs in high resolution.
- Submitted materials must include the name and contact information of the person submitting them. They must be emailed to Michelle Schnaars at [doulamichelle@comcast.net](mailto:doulamichelle@comcast.net), in Microsoft Word or in the body of the email.
- Email Spotlight candidates to Louise Delaney at [enpzmom@gmail.com](mailto:enpzmom@gmail.com). The candidate must be a member of CAPP A.
- Advertisements can be purchased from CAPP A by emailing the marketing director, April Howton at [marketing@cappa.net](mailto:marketing@cappa.net).
- Our editor is relied upon only for grammar and clarity. We encourage you to have someone proof read and edit your materials before forwarding them to us.