



Frequently Asked Questions

1 What does a birth doula actually do?

Think of me as your calm, informed, no-BS birth sidekick.

I provide:

- Emotional support
- Comfort measures (like massage, positioning, breathing)
- Advocacy help and decision-making support
- Space for your partner to rest, stay grounded, or step up
- A steady presence through all the changes and surprises of labour

You're in charge — I'm the support structure.

2 What if I already have a supportive partner?

That's great! Doulas don't replace partners — we support both of you.

I help your partner feel more confident, offer suggestions when needed, and free them up to focus on you without having to remember every comfort trick or medical term.

It's a team effort — not a competition.

3 Do doulas only attend unmedicated or home births?

Not at all. I support all kinds of births — medicated, unmedicated, hospital, home, birth center, induction, VBAC, and belly birth (C-section).

My job isn't to push a "right" way.

My job is to support your birth, your way.

4 Can you help me plan my birth preferences?

Absolutely — and I'll make sure it's more than just a checklist.

We'll talk through your options, values, fears, and preferences — then create a birth plan (or "flexible framework") that actually works. You'll feel informed and empowered before the big day.





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5 When do you come during labour, and how long do you stay?

I'm on call 24/7 starting around 38 weeks.

You can call/text me when things start, and I'll join you when you need hands-on support — whether at home or at your birth location.

Once baby arrives, I stay 1–2 hours to help with immediate bonding, feeding, and making sure you're both stable and settled.

6 Do I have to be naked in front of you?

Only if you want to be!

Birth gets raw — and I've seen it all. But you'll always have full control over your body and comfort level. I support with consent, dignity, and respect — not judgment.

7 What if I make weird sounds / poop / cry / swear?

Congratulations — you're giving birth like a human.

I've supported quiet labours, loud ones, emotional ones, and everything in between. Nothing surprises or embarrasses me.

You be you — I'll bring towels and kindness.

8 What if things don't go to plan?

That's exactly why I'm here.

I help you stay grounded, informed, and supported — whether your birth stays on script or completely detours. No matter what happens, you'll never be left guessing or alone.

9 I'm not sure what to expect during labour — can you help me prepare?

Yes — that's one of the most important parts of doula care.

During our prenatal sessions, we'll cover:

- The stages of labour
- Signs things are starting
- Comfort techniques (including pain relief options)
- What to expect physically and emotionally

You don't have to figure it all out on your own — we'll walk through it step by step.

