



Lydia's Doula Service

www.lydiasdoulaservice.com

Please complete this checklist to determine if you have sufficient support for your birth and post-birth experience.

Birth Doula services

Do you have a support person who: (check the statements if YES)

- will discuss the birth experience with you prior to labour and answer 'mom to be' questions?
- will assist you in preparing a plan for your birth?
- will assist you to follow the plan you prepare?
- will be comfortable communicating between you and your medical care providers?
- will stay by your side through your entire labour?
- understands the physiology of birth and will provide comfort measures to alleviate pain and promote relaxation?
- will provide emotional support through the entire labour?
- recognizes labour and birth as a key life experience?
- provides a written account of your birth experience?
- will meet with you later, in your home, to review your birth experience and answer any immediate "new mom" questions

Postpartum Doula services

Do you have a support person who: (check the statements if YES)

- will assist in carrying for your newborn baby?
- will provide information and feedback during the early stage of parenting a newborn?
- will provide support and information regarding breastfeeding?
- will review your birth experience with you?
- will assist you if experiencing postpartum depression (information, referral, etc)?
- will do meal preparation, light housekeeping, provide supervision and care for other children in your family?

If you checked many of the above statements you do not need a Doula.

If you DID NOT check many of the questions you need a Doula.

I encourage you to contact me @ *Lydia's Doula Service*

cell: 778-552-4733 or email: lydia.jenkinson@gmail.com