



EST. 2022

LIFE ROOM DOULA

Welcome Packet & Workbook

Your Birth Supported and Empowered.

WELCOME PACKET

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Congratulations

Dear Expectant Parents,

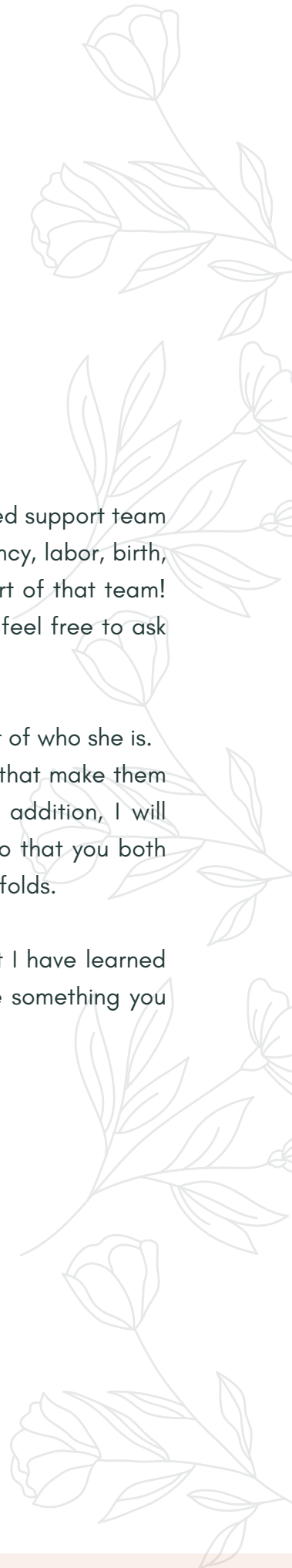
This season of your life is exciting and bound to be life-changing. A well-planned support team is one of the essential tools for you to use to have the most supported pregnancy, labor, birth, and postpartum period. I am grateful that you're considering making me a part of that team! You may have questions about doula care and my philosophy of birth. Please feel free to ask me any questions after our initial interview.

I have found that a woman's birth story becomes a permanent and spiritual part of who she is. My goal is to help women and their partners craft birth and postpartum plans that make them feel the most confident approaching their births and postpartum period. In addition, I will provide continuous support to the mother and partner when the day arrives so that you both come away from the experience feeling proud of your story no matter how it unfolds.

Our birth stories may not be exactly what we imagined during pregnancy, but I have learned firsthand that with a supportive team surrounding you, your birth story can be something you want to tell again and again with confidence and strength.

Happy planning!

Joanna Jackson



What does a doula really do and why do I need one?

A birth doula is integral to the prenatal, birth, and postpartum seasons. Consider your doula as your family's go-to person for information, resources, advice, and practical, physical, and emotional support person from the beginning of your pregnancy to your fourth trimester. She is your personal advisor for those never-ending questions and decisions you encounter throughout your pregnancy, labor, and postpartum stages. She is committed to providing you with excellent care, so you feel pampered, supported, and nurtured as you prepare to nurture your little one.

As an added benefit, your primary support person can rest assured should they need a break from the labor room knowing that mom is being well provided for by your doula. Furthermore, studies overwhelmingly prove the valuable asset a doula can be to the expectant family. Doula attended births are commonly associated with a more satisfying birth experience, less need for interventions, decreased requests for pain relief, reduced number of C-sections, decreased length of labor, and a positive breastfeeding experience.

I was considering having my mom/sister/sister-in-law attend my labor...can't they fill the doula role for me?

Although having family members present during such a memorable occasion can be a tremendous blessing and addition to the birth process, we recommend having a professional fill the role of a birth doula. A birth doula has specialized training that equips her in the areas of comfort measures, relaxation techniques, massage, pain management, positioning, and more, which sets her apart from the support offered by a family member. Furthermore, although highly invested in your labor and birth, a professional birth doula doesn't have the emotional connection to you that a family member does, thus making her the ideal support person able to assist you throughout the entire undertaking.

What is the difference between a doula and a midwife?

A doula is a non-medical support person who focuses on caring for you emotionally and physically while keeping you informed and empowered. While they often have similar approaches, a midwife differs from a doula substantially. A midwife is a *medical* professional, meaning that the primary focus of their care is on the health and safety of you and your baby. Both doulas and midwives work with you prenatally, support you throughout the birth and follow up with you postpartum. Specifically, at a birth, doulas are often found doing hip squeezes, refilling your water bottle, providing guidance and reassurance (to you and your partner), and repeating affirmations that empower you. At a birth, midwives may be found doing similar things to a doula, but their top priorities include: ensuring that you and your baby's vital signs are stable, assessing you and your baby, completing cervical exams when needed, administering medication if necessary, and catching the baby you are birthing.

When should I hire a birth doula?

The earlier, the better. Typically, the beginning of your third trimester is a good time to have your doula secured. It is recommended that you start your search in your second trimester, talk to and interview a couple of doulas, and determine who is the best fit for you. You deserve someone you feel an easy connection with and someone you think fits your personality and needs.

Services Offered

BEFORE BIRTH

- Complimentary initial consultation
- 2 prenatal meetings (90mins each)
- Reading materials for expectant parents
- Exploring mental, physical, and emotional preparation for birth
- Assistance in creating a Birth Plan and navigating preferences
- Assistance in creating a Postpartum Plan for you and your family
- Discuss and practice comfort measures and coping strategies
- Phone and email support
- Support at home in early labor (per request/preference)
- Support in the Immediate Postpartum Recovery (up to 2 hours after birth)
- Community resources (Birth Classes, Chiropractors, Lactation Consultants, Birth Photographers, Newborn Care)
- On-call 24/7 two weeks before & after your EDD

DURING LABOR + BIRTH

- Continuous presence for the duration of labor
- Comfort measures and coping strategies
- Doula bag tools: Essential oils, heating pad, massage oils and lotions, rebozo, honey sticks, and more
- Information and answers to your questions as they arise
- Support for advocacy and decision making throughout
- Providing support and relief to your birth partner

POSTPARTUM

- Up to 2 hours of immediate postpartum support
- Initial breastfeeding support
- Phone and email support
- One in-home postpartum visit
- Resources for postnatal support from transition home throughout the first year

Doula Birth *Packages*



THE HIGHLANDER

\$1250

WHATS INCLUDED

- Initial consultation to ensure we are a good match.
- Three prenatal visits to practice comfort techniques and new skills
- Labor support at your birthing site. I am there with you throughout your labor and delivery
- Breastfeeding support for baby's first feeding.
- Unlimited phone calls, emails and texts at any hour day or night.
- Retainer fee: \$650 due at time of signing contract



THE EASTMAN

\$1450

INCLUDES ALL OF PACKAGE ONE PLUS:

- One 60-90 minute in-home birth rehearsal to practice comfort measures and coping skills for a more relaxed labor
- Minimum of two in-home postnatal visits
- Nesting Party guidance and handouts
- Unlimited phone calls, emails, and texts at any hour, day or night.
- Retainer fee \$750 due at time of signing contract

To retain my services, a retainer fee is required at the time of signing our birth doula contract. This retainer fee is roughly half the cost of the package you choose and will assure my availability for your birth and the entirety of your package.

What Others Are Saying



"I could not have had such an amazing unmedicated birth without Joanna!! She helped us through every hiccup and was aligned with our birth plan the entire time! Joanna is the absolute BEST!!"

ALICIA & MIKE

"BEST Birth Experience YET!!"

-SARAH, MOM OF THREE



"Joanna constantly and calmly supported us and was aligned with our birth plan. She helped us problem-solve unexpected situations during our pre-term labor. We would definitely hire her as our Doula again!"

MELINDA & DEVIN

Meet the *Doula*



Hello!

MEET JOANNA: PROFESSIONAL PREGNANCY, LABOR, DELIVERY AND POSTPARTUM SUPPORT

My name is Joanna and I was born and raised in Rochester, NY. I am married to my best friend and crush - He is truly my greatest cheerleader! I have spent the last ten years caring for families with multiples from pregnancy, birth, postpartum and through their early developmental years, supporting each milestone along the way! I have built an amazing sisterhood of siblings, friends and mama's in our community. I am an auntie and god parent to my niece and nephew. On the weekends I enjoy shopping the Rochester Public Market, the ambiance of our local coffee shops as well as hiking with my husband and our Dalmatian!

Joanna Jackson

TRAINING

Actively working towards my birth doula certification through Birth Arts International!

PASSION FOR BIRTH

Reframing birth as a positive natural and normal passage of life. Learning to trust your body and your intuition deeply.

EXPERIENCE

Combined 5 years of birth and postpartum doula support to birthing people, partners and their families

Choosing a Winning *Birth Team*

DOULA SUPPORT

Research says that having a Doula (a trained labor support professional) as part of your labor support team provides the most benefits. Here are some tips for finding the right doula for you:

- If you have a friend who has used a doula, ask her to share her story and have her introduce you to her Doula. Keep in mind that each woman and her birth are unique.
- Ask your midwife or doctor for recommendations. Some hospitals and birth centers provide doula services or referrals. In addition, some providers regularly work with Doulas.
- Ask your childbirth educator for a referral. They have heard many birth stories and may know local Doulas who have helped other women, or may work as a doula, as well.
- Interview several doulas if possible before choosing one. When getting ready for your interview, think about what you want your Doula to do for you. How will she fit in with the rest of your labor support team? Think about how you deal with challenges and how you need support. What helps you to relax? Do you like lots of massages, or do you prefer the distraction of a conversation? How does your partner want to support you? Do they want to participate in the physical support or just be there emotionally for you? Ask the Doula how she sees her role at your birth.

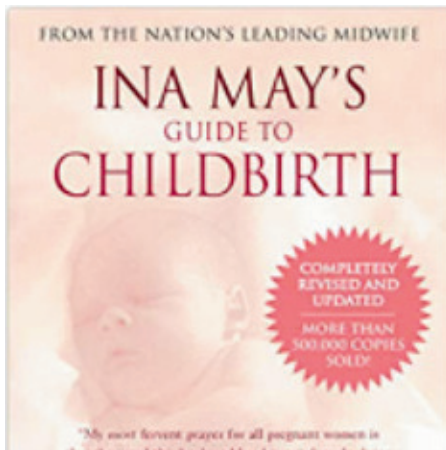
FAMILY SUPPORT

Here are some tips for building a support team from within your friends and/or family:

- Your family knows you, be sure to choose people who share your view of birth, make you feel confident and safe, and will follow your wishes at your birth.
- Don't necessarily assume that a friend or family member with medical experience will offer the best labor support. Studies have shown that continuous support from people without medical training (like a Doula) may provide more benefits than support from nurses or doctors.
- Involve your labor support companion(s) in your birth planning. For example, invite them to a prenatal appointment and your childbirth classes. If you write a birth plan, share it with your labor support companions and make sure they have a chance to talk about it with you and ask questions.
- Make sure your "team" members communicate well with each other and are clear about their roles. Building team communication will ensure that everyone—including you—can stay focused on your labor instead of worrying about working together.
- Share your favorite books, articles, or websites about birth with your labor support team.

Recommended *Reading*

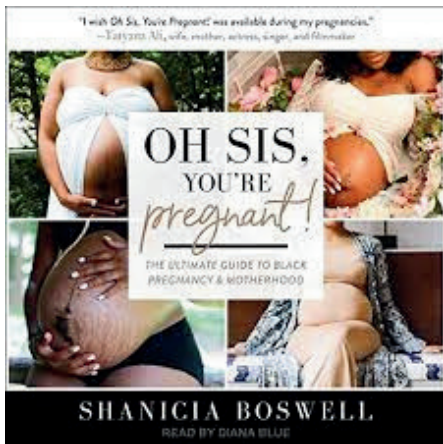
Below I have listed recommended reading for my clients that I have found to be helpful to birthing people, partners and family members!



INA MAY'S GUIDE TO CHILDBIRTH

Ina May Gaskin

Wisdom from women and their partners along with positive birth stories and MORE!



OH SIS, YOU'RE PREGNANT?

Shanicia Boswell

An amazing book for Black pregnant and expecting mamas! A great guide for Black pregnancies and motherhood!



THE BIRTH PARTNER

Katie Rohs and Penny Simkin

A great guide for support people caring for the pregnant Mama through her fourth trimester! Provides great insight and practical ways to be supportive!

Next Steps



LET'S TALK ABOUT YOUR BIRTH PLAN

We love our growing families at Life Room Doula and we cannot wait to be a part of your Birth team!! You can expect the utmost birth support, comfort techniques, "Pro-Tips," local resources, connections and MUCH MUCH MORE from our team!

The next step is to start creating your Birth Plan!! Once we have an idea of your Birth Plan and Preferences we can start learning new skills and techniques! We suggest practicing these techniques for 5-10 mins each day!



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LIFEROOMDOULA



venmo

Birth Plan / Preferences

EXPECTANT MOTHER INFORMATION

I have considered my options for my labor and birth. I have checked the options that I prefer. I recognize that situations may arise that may necessitate a change in these options. Please discuss these considerations with my partner and me so we may make informed decisions. Thank you for taking the time to consider our requests; we truly appreciate your assistance in making this a memorable experience.

Name : _____

Care Provider : _____ **Due Date** : ____ / ____ / ____

Cell Phone : _____ **Partner's Phone** : _____

Location of Birth : _____

My delivery is planned as: : Vaginal C-section Water Birth VBAC

MY LABOR SUPPORT TEAM

Partner : _____ **Doula** : _____

Other Support : _____ **Relationship** : _____

Other Support : _____ **Relationship** : _____

Other Support : _____ **Relationship** : _____

DURING LABOR - I WOULD LIKE...

- | | |
|---|--|
| <input type="checkbox"/> Music or sound playing | <input type="checkbox"/> My partner to be present the entire time |
| <input type="checkbox"/> The lights dimmed | <input type="checkbox"/> Intermittent fetal monitoring |
| <input type="checkbox"/> The room as quiet as possible | <input type="checkbox"/> Use any and all positions during labor |
| <input type="checkbox"/> As few vaginal exams as possible | <input type="checkbox"/> Massage and touch for comfort |
| <input type="checkbox"/> As few interruptions as possible | <input type="checkbox"/> I would like to utilize the shower / tub |
| <input type="checkbox"/> To eat and drink | <input type="checkbox"/> I would like my water to break on its own |

PAIN MANAGEMENT - I PLAN TO...

- | | |
|--|---|
| <input type="checkbox"/> Labor and give birth with little to no intervention, so please do not offer pain medication. I will let you know if I change my mind. | <input type="checkbox"/> Epidural anesthesia |
| <input type="checkbox"/> Narcotic pain medication given into my IV if safe for me and my baby. | <input type="checkbox"/> To make these decisions as I progress through labor, keeping all options open. |

Birth Plan / Preferences

PUSHING & BIRTH PREFERENCES

- I prefer to "labor down," pushing spontaneously only when the urge is present.
- I want to avoid an episiotomy; I understand that a "natural episiotomy" (tear) may occur.
- I plan to use a variety of positions for pushing, such as semi-sitting, squatting, legs supported, hands and knees, sheet pull, and/or dangle. Please do not require me to lie flat on my back for pushing.
- Perineal massage and/or warm packs to the perineum to aid in stretching.
- My husband/partner would like to cut the umbilical cord; please wait for at least 2 minutes or until it has stopped pulsating.

IMMEDIATELY AFTER BIRTH

- I would like to have the baby placed on my abdomen, skin-to-skin, immediately after birth.
- I do not plan to have any newborn medications given to my baby.
- I plan to breastfeed as soon as possible after birth: baby-led breastfeeding.
- I plan to have my baby given the medications I have checked below. Please do not give them prior to one to two hours after birth (check only the ones you want given).
- I plan to bottle feed my baby.
- Vitamin K
- I would like the baby to remain with me/us and newborn care to be done in my room.
- Erythromycin Hepatitis B Vaccine

CIRCUMCISION

- I do not plan to have my baby circumcised.
- I plan to have my baby circumcised after discharge from the hospital.
- I plan to have the circumcision done in the hospital prior to discharge with pain relief for the baby.

CESAREAN BIRTH

- I prefer to have my partner and my doula present for the cesarean.
- If it is necessary for my baby to go to the nursery, I prefer my partner go with the baby, and my doula remain with me.
- I prefer to be awake for the cesarean. I would like to see and hold my baby (if possible) in the delivery room.
- I prefer to have my baby in the recovery room with me.

OTHER PREFERENCES

Birth Preference Notes

DATE: / /

TOPIC: _____

Lined writing area for notes.

Doula/Client *Expectations*

WHAT YOU CAN EXPECT FROM YOUR DOULA

- As your doula, I am committed to your satisfaction in your birth and immediate postpartum experience.
- I will work closely with you to ease your fears and lessen your concerns.
- I will help you identify your birth values to prepare more confidently for the type of birth experience that feels just right for you.
- I will assist you in fully understanding your options and engage in discussions with you on the benefits, risks, trade-offs, and alternatives of those options so that you can make informed and confident decisions.
- I will plan and implement strategies for coping with your labor.
- I will assist you in planning your birth and communicating with your care providers.
- I will respect your goals and desires without bias or judgment.
- I will provide resources and referrals as needed and requested.
- I will provide continuous emotional, informational and physical support throughout the entirety of your birth experience.
- I will keep your confidence and protect your privacy concerning ordinary and sensitive matters.

WHAT I EXPECT OF YOU

- First and foremost, I expect that you will be honest with, and true to, yourself. In other words, acknowledge and respect who you are and what appeals to you and plan and prepare for a birth experience that will satisfy you.
- I expect that you will share your values and goals with me, as well as your special needs or individual circumstances, and allow me to help you design the type of support you need to achieve your goals.
- I encourage you to face your fears and concerns and approach them directly, with my guidance and support if it would be helpful to you.
- I hope that you will prepare for your birth by either reading a book or attending a good-quality childbirth/breastfeeding class.
- I hope you will not be shy about asking for my assistance and allowing me to be a shoulder to lean on and a resource for you.

STAY IN TOUCH

Communicating on a regular basis will allow you and me to become even more familiar and comfortable with one another.

Hospital Bag *Checklist*

THE BASICS: WHAT YOU SHOULD BRING WITH YOU

- ID and insurance cards
- Your birth plan
- Toiletries for both mom and dad, including toothbrushes and toothpaste, and deodorant
- Coming home outfit(s) for Baby, including hats
- Coming home clothes for mom
- A change of clothes for dad
- Glasses/contacts
- Phone charger
- Nursing bras and pads
- Hair ties or a headband if your hair is on the shorter side or if you have bangs
- Car seat and base

TOP PICKS THAT OFTEN GET FORGOTTEN OR OVERLOOKED:

- Snacks for mom and dad (Lots of them!)
- Chapstick
- Lotion
- Nonslip socks/slippers
- A nursing pillow such as Boppy

EXTRAS TO CONSIDER:

- Adult diapers
- Headphones and/or earplugs and an eye mask
- Your own pillows and blankets
- A robe or unique labor and delivery gown
- Large capacity water bottle
- A book, or laptop to watch movies, etc. during your stay for observation
- Acetaminophen (for partner)

Home Birth *Checklist*

FOR BIRTH

- 4 old towels and 4 washcloths
- Box of white tissues
- 2 unscented trash bags
- 2 bowls (for placenta and to throw up in)
- Mirror - 8x10
- Raw honey and a spoon
- Oil* in a squirt bottle
- Unopened non-citrus juice (grape or apple are good) and electrolyte drink**

AFTER BIRTH

- Belly binder
- After pain tonic if not your first baby
- Hydrogen peroxide, large bottle
- 1 package overnight maxi pads
- Food for everyone, for labor & after
- Nipple cream (optional)

FOR BABY

- Socks
- Infant hat
- Diaper and diaper cover if using cloth
- Vitamin K, if using
- 4 receiving blankets
- Oil for baby's bottom (chemical-free)
- Baby wipes or a washcloth

EXTRAS TO CONSIDER

- Candles and/or essential oils
- Cameras and chargers
- Heating pad
- Relaxing music
- Watercolor paper for placenta
- print A gift for your older child
- Champagne and/or birthday cake

*Perineal Massage Oil: This blend of essential oils helps calm and relax you in labor and has antiseptic and anti-inflammatory properties. Remember that whatever oil you use will also be applied to your baby's head during birth.

**Homemade Electrolyte Drink: Mix 1/4 cup freshly squeezed lemon juice, 2 cups coconut water, 1/2 tsp pink Himalayan salt, calcium/magnesium: 1 tbsp of liquid or 1 tsp of powder, 2 tbsp of honey. Make ahead and freeze into pops or cubes. Thaw some out when labor begins.

