Exploration of your beliefs around birth

Is there anything that I should not say or do that would bother or make mother tense?

What do you need/want from me as your doula?

Living out of town, do you have concerns for labouring away from hospital? Do you need a space closer? How long does it take you to get to town? What is the action plan for pre labouring that you have discussed with your midwife?
During labour are you ok with me doing reiki on you? Massaging you? Acupressure points?

Do you want help with activating labour if you go over due date?

Do you want me to show your partner massage and acupressure points? Would you like to do that pre labour or during labour?

Post care would you like me to stay or give you space? Do you want help with breastfeeding? Changing? Bathing (when you decide you want to)