



# *The Power of the Right Doula*

The right doula can shape your entire birth experience. No two doulas work the same, and their approach impacts your confidence and decisions. This guide will help you ask the right questions and find the right fit. Because when trust is there, birth feels more grounded and supported.

A GUIDE BY TOBY DEUTSCH × VICKY DEUTSCH



GENTLE BEGINNINGS

[www.gentlebeginnings.life](http://www.gentlebeginnings.life)



Vicky's Doula Services  
Blossom into motherhood

[www.vickydoula.services](http://www.vickydoula.services)



## *Questions to Ask When Choosing Your Doula*

- What is your general approach or philosophy when supporting births?
- How do you help parents explore their options and make informed decisions?
- How many clients do you take on each month?
- What happens if two clients go into labor at the same time?
- Do you have a backup doula available?
- At what point in labor do you typically join?
- Do you stay for the entire labor and birth?
- Do you offer prenatal sessions?
- Are you available for questions and support during pregnancy?
- How do you involve and support husbands during labor?



## *Questions to Ask When Choosing Your Doula*

- Do you offer childbirth education or preparation?
- Are there additional fees for long labors?
- Are you available on Shabbos or Yom Tov if that is important to us?
- Do you offer postpartum support or follow-up after the birth?

CHOOSING THE RIGHT DOULA IS ABOUT FEELING SEEN, SUPPORTED, AND SAFE IN YOUR CHOICES THROUGHOUT PREGNANCY AND BIRTH.

TAKE YOUR TIME, ASK OPENLY, AND CHOOSE THE PERSON WHO BRINGS CALM, CLARITY, AND TRUST INTO YOUR SPACE.

# TOBY

*Deutsch*

Toby Deutsch is the creator of Gentle Beginnings, a childbirth education program focused on the powerful connection between mindset and birth outcomes. After her own pregnancy experiences and discovering how brain training and neuroplasticity can reduce anxiety and build resilience, she became passionate about helping women prepare mentally, emotionally, and physically for birth.

Through Gentle Beginnings, she combines evidence-based childbirth education with practical tools to strengthen the mind, calm the nervous system, and help women approach pregnancy, birth, and postpartum with confidence.



[www.gentlebeginnings.life](http://www.gentlebeginnings.life)

# VICKY

*Deutsch*

Vicky Deutsch is the owner of Vicky's Doula Services, where she leads a team of serious, highly trained doulas dedicated to supporting families through pregnancy, birth, and postpartum care. She is a birth educator, a birth assistant for local home birth midwives, and also serves her community as an EMT with her local EMS agency. With a strong foundation in both clinical care and holistic birth support, Vicky brings both expertise and compassion to every client she serves.

Together with her skilled team, Vicky is committed to ensuring families feel informed, safe, and fully supported throughout their journey. Her mission is to empower mothers everywhere to have positive birth experiences whether at home, in a birth center, or in a hospital while providing the highest level of care and continuous support every step of the way.



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