

## FREQUENTLY ASKED QUESTIONS!

### I'm interested in a Doula, where do I start?

- The first step is to set up a brief phone call (15min) with agency owner Tara Campbell. During the call she will explain the service, the interview process and follow-up. Be open about your preferences, expectations, and any specific needs or concerns you may have regarding your pregnancy, labor, and postpartum period. This information will help Tara suggest the best Doula fit for you.
- After discussing your needs, Tara will connect you with at least two Doulas who meet your criteria. These interviews can be set up virtually or in-person. Here is a suggested list of [questions to ask a prospective Doula](#).
- After the interviews Tara will follow up to hear your thoughts on moving forward with any candidates and next steps. She will discuss contracts and payment arrangements.

### Do I have to be High Risk to work with a Specialized Birth Doula?

No, you do not need to be considered high risk to work with specialized Birth Doulas. Our services are designed to support a range of clients, including those with medically complex situations as well as those who simply desire the expertise and support of our most experienced Birth Doulas. Whether you have specific medical concerns or just want additional support during your birth experience, we are here to assist you.

### Does Birthing Gently work in teams or on an on-call schedule?

No! While you may find many other Birth Doula's, agencies or collaboratives in the community who work in this way, we don't.

Birthing Gently does not operate on a team or on-call schedule. Instead, we prioritize individualized 1:1 care and the traditional practice of a Birth Doula, ensuring that families receive personal attention rather than a high-volume service model.

While there's a minimal chance of needing backup support, the agency aims to provide consistent care from a dedicated Birth Doula.

### Do you work with employer benefits, insurance or FSA?

Absolutely! During the intake phone call, I'll make sure to specify that we have a specific Doula who meets the criteria for all three areas of support. This will help us

provide you with the best possible match. If there are any other details or preferences you'd like us to keep in mind, please let me know!

### **You offer Male Birth Doulas?**

Absolutely! Hiring a male Birth Doula can provide a unique perspective and set of advantages during the birthing process. [Read More Here!](#)

### **Will my Birth Doula be redundant, make my partner feel out of place, or be confrontational with hospital staff?**

Our Doula's place great emphasis on the experience and expectation of your Birth Doula experience. We support the Birthing person and partners equally, in many cases we support the partner in supporting you. Doula's do not replace the amazing support partners provide!

Although holistic and non-pharmacological techniques work amazing during pregnancy and birth, Birthing Gently Doula's understand the importance of evidence based information. Our Doula's do not speak on your behalf. We help you with self advocacy through prenatal discussion. Doula's will prompt you to ask the right questions about your care and encourage you to **B.R.A.I.N.** (Benefits, Risks, Alternatives, Intuition, and Nothing) it out! Their goal is to create a positive birth experience that respects the wishes of the birthing person while also maintaining a cooperative dynamic with healthcare providers.

### **Why are some Birthing Gently Doulas offering lower rates on their personal websites?**

While you may come across some Birthing Gently Birth Doula's offering lower rates on their personal websites, it's essential to consider the comprehensive care that comes with our services at Birthing Gently.

When you choose us, you receive:

**Guaranteed Backup Support:** In the unlikely event that your primary Birth Doula is unavailable, you have access to another qualified Birth Doula to ensure your care is never interrupted.

**Additional Resources:** We provide supplemental support and can help you find various resources tailored to your unique needs, enhancing your overall birthing experience.

**Wraparound Care:** Our services include a whole pool of support options, ensuring that you're well taken care of throughout your journey.

### **Will I need more than one Postpartum Doula for support?**

We strive to limit the number of Postpartum Doula's involved in your care to ensure consistency and a personalized experience. While it's possible to have just one Postpartum Doula providing services, if your needs include a combination of day and overnight care, or require support beyond four days per week, you'll likely work with at least two Postpartum Doulas. This approach allows us to meet your unique needs while ensuring that you receive the best possible care.

### **Can we choose the same Birth Doula and Postpartum Doula for continuity?**

We have several Doulas who provide both Birth and Postpartum Doula care. Depending on location, type of postpartum support needed (day or overnight) it is possible to have the same Doula for both services. Please keep in mind these Doulas book in advance so availability is limited.