

## **Part II: SCOPE OF PRACTICE**

### My responsibilities as your doula

- Learn about and understand your needs, culture, and practices related to your birth
- Be your advocate by holding space and providing support that uses active listening skills to communicate with you, so that you feel heard and respected.
- Remind you to not make decisions based on fear or a lack of understanding, but based on your vision for your birth, your heart, and sound evidence-based practices.
- Provide continuous emotional, physical, social and informational support.
- Provide evidence-based information, natural coping techniques, and skills for pregnancy, labor, and postpartum recovery.
- Support your labor and birth preferences as your personal choices regardless of my personal views.
- Do my best to provide you with as much helpful information and resources as possible so that you can use that knowledge to build birth resilience and claim your birth power.
- Advocate for you by coaching you on how to Ask questions, Claim your space, Trust your body, and Tell your story.
- Provide you with a copy of The Pregnant Patient's Bill of Rights and Black Birthing Bill of Rights
- Understand and practice the principles in the Mother-Friendly Childbirth Initiative.
- Role model appropriate behavior for your labor support person or team by offering encouraging words and reassurance to you.
- Refer you to a qualified healthcare professional for your medical questions.

### **Postpartum specific**

- Help you identify your specific Mother-Baby needs to help you bond with your infant
- Support you with breastfeeding
- Share information and resources about mother-infant care

### **Ethical code**

- Honest, respectful, and professional
- On-time for appointments
- Practice HIPAA compliant standards if applicable
- Respect your privacy and confidentiality

### **Client responsibilities**

#### Your responsibilities as my client

- Actively educate yourself about pregnancy and birth
- Attend a non-hospital-based childbirth education class
- Practice self-care to the best of your ability
- Request that I repeat, clarify, summarize, or re-state information to make sure you understand
- Be the final decision maker in our client doula person relationship