

# *BTB* Birth Doula Care

## Will You Consider Having a Student Doula at Your Birth?

As an experienced doula and past PALS Doulas Mentor I am privileged to support new doulas by providing them with additional training. Like student nurses or teachers, student doulas have an opportunity to learn in the setting in which they will be providing services with the guidance of a certified professional. I began my career as an apprentice and strive to nurture doulas starting their career.

Following are the guidelines for the student doula and client:

- Your doula is the lead doula.
- The student doula is not a passive observer but an active participant under the watchful eye of the mentor.
- The student doula takes her cues from the mentor.
- The student doula attends the prenatal visit, the birth, and the postpartum visit. However, if at ANY time you are not comfortable with the student's presence and/or participation, she knows that the mentor will ask her to leave.
- The student doula knows that her first meeting with the client is an "interview". If the client does not feel a connection with the student, then the student doula's participation in your birth will be discontinued.

Thank you for your consideration. If you have further questions or concerns please let me know!