



Building Your Birth Team

Workbook



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How to use this workbook

Congratulations!! Whether you are preparing for pregnancy, in your first few weeks, or rounding the corner to delivery, there is no time like the present to start building your birth dream-team. In the pages of this workbook, you will find information about all the many people you can have on your team and helps for making the best decision for your birth.

Take time and think carefully as you answer each question. You are not obliged to include anyone and every person present will contribute either positively or negatively to your birth story.

This is YOUR birth. Time to build a team.

Who am I?

My name is Katie Crow and I have been supporting pregnant women in our community for the past five years. I started out as an advocate helping pregnant women in crisis get the resources they need, and then moved into birthwork. My passion for women drives me forward everyday

Having six births with varying stories myself, I meet families where they are at and help their vision come to pass. I support birth at home, in the hospital both natural and medicated believing that only mom knows which choices are right for her body and baby.



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SELECTING A MEDICAL PROVIDER

Choosing your medical provider for an upcoming birth has many considerations such as where you will give birth, past experiences, and what options are available in your community. Medical providers could be a Licensed Professional Midwife, an OB-GYN, or a Certified Nurse Midwife.

Questions to ask:

1. Where do I want to give birth?

Are you planning to birth at home, at the hospital or a birth center? _____

Are you choosing your location based on the provider or the provider based on your location? _____

2. Is a past provider an option? Do I want them to be?

What emotions do I feel when I think of my past birth provider? _____

Have my birth goals changed since my last birth? Yes No

Do they still offer the best support for my new goals? Yes No

3. List three providers available to you in your community or who serve the birthing location you have chosen. Reach out to 2 past clients from each and ask about their experience.

My Local Provider Options:

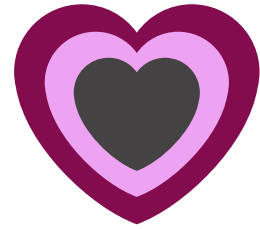
Questions to ask previous/ current clients:

- Do you plan to birth with them again? Why or why not?
- What was your favorite/ least favorite part of their care?
- Did you feel heard and respected?
- Did they ask consent before touching you?
- What emotion do you feel when you think of them?
- What was postpartum support like?

Notes:

If a natural birth is your goal, this is the time to check provider stats surrounding interventions you wish to avoid.

CHOOSING YOUR DOULA



Your doula provides physical, emotional, and educational support during pregnancy, labor, and the immediate postpartum period. When looking for a doula you may want to consider personality, services offered, location served, and cost. Doulas may be certified, self taught, state credentialed, or virtual.

Questions to ask:

1. What doulas are available for my birthing location? List them!

What is their training and experience? Are they certified and insured?

2. Check out their social media and websites. Which two speak to you with their style or mission? _____

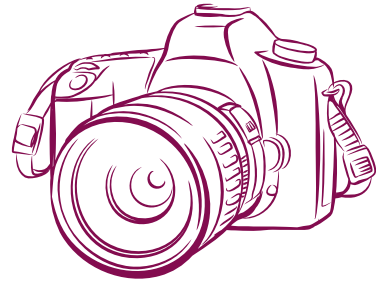
3. Look at your budget. Does your insurance cover a doula? Do the doulas you have selected fit within your budget? What could you do to get your doula service financed? (registry, family member, side hustle, payment plan)

Interview your top two doulas, here are some questions to ask:

- Why did you become a doula?
- How do you support a natural birth?
- How do you support a medicated birth?
- How do you support a Cesarean birth?
- How long will you labor with me?
- What is your backup policy?
- What other services do you offer that I may want to take part in?
- Tell me about your best birth story.

Notes:

FINDING YOUR PHOTOGRAPHER



Documenting your birth is something you only get one chance to do. Hiring the correct person to do this is critical. You want someone with experience documenting birth, someone available to be on call when you go into labor, and an artist who's personal style matches your birth vision.

Questions to ask:

1. What type of services am I looking for? Maternity Birth Videography Fresh 48 Newborn Lifestyle
What does my birthing location allow? _____

2. Am I more comfortable with a stranger seeing me naked or someone I already know?

3. What photographers offer what I want at my birthing location?

_____	_____
_____	_____
_____	_____

4. After looking at the website galleries of my options, which two spoke to me?

Book a consultation with the above photographers and discuss the package options they have available. Share any concerns or special shots you want to be sure to included. Make a pinterest board of pictures that share your heart to help them to know what shots to capture.

Notes:

OTHER PROFESSIONALS TO CONSIDER



The team members listed on this page may not be for every mom or every birth. However, if more moms added these players to their teams, more women would have wonderful births, happy postpartums, and better recoveries. Seriously investigate each of these roles and fill as many as you can

Goal: Get the name and contact info for one provider in each of the below categories so you are prepared no matter how your birth plan evolves over time.

Lactation Support If you plan to breastfeed lining up a lactation consultant can be very helpful. Even just having a phone number handy in case you or your baby struggle to learn the art and science of nursing is a good idea. _____

Chiropractor Regular chiropractic care can be so helpful in relieving pregnancy discomfort, helping baby get into an optimal birthing position, and even to help your newborn adjust after birth. _____

Pelvic Floor Support After birth, it is not unusual for a woman to suffer pain, incontinence, sexual dysfunction or other problems. This is especially true with very fast or very prolonged pushing phases, assisted deliveries, or subsequent births. A Pelvic floor therapist can help correct these problems in a non-invasive way. _____

Placenta Processing Did you know your placenta can be used for many things after it is done supporting your baby? Encapsulation, art, ceremonial uses and more. What is your plan for your placenta? _____ Provider in your area: _____

Postpartum Support Transitioning to life after your baby arrives can be challenging. It is a wonderful option to hire a postpartum doula or other form of postpartum support to help with newborn care, sleep, household tasks and more. _____



FRIENDS AND FAMILY

This might be the most challenging and important segment of your birth team to navigate. That is because where there are loved ones, there are emotions. Both your emotions and their emotions can make it tricky to know who to invite or exclude from your birthing space.

List people that you are considering having at your birth

Questions to ask:

1. Are there limitations to age or number of people who can be present? _____
2. Cross off anyone you don't feel comfortable seeing you naked.
3. Cross off anyone who has a bias or trauma that goes against your birthing choices.
4. If you plan to have your partner present, cross off anyone who is not supportive of your relationship as a couple.
5. Cross off anyone who triggers these emotions: fear, anxiety, embarrassment, guilt, inadequacy.
6. Circle the names that trigger these emotions: rest, peace, joy, laughter, safety, confidence.

Who is left? These are the people/person to consider inviting to your birth. It is ideal to have them attend a prenatal with your midwife or doula so they can know their role in labor and voice any concerns to a professional who can set all minds at ease.

Remember: no one has the RIGHT to be in your birthing space, it is a PRIVILEGE to be invited. You are in control.

My Birth Team

Me

Medical Provider

Doula

Photographer



Partner

Friend/ Family

Congratulations. You did the hard thing and have built a team that is going to support your birth. A Team that will hear your voice and hold space for your unique experience. May you have a transformational birth experience that exceeds every hope and imagination.

Happy birthing!

Katie C. Doula

Referrals

Homebirth Midwife:

Bluewater Midwifery, Heather Lamanski CPM [\(586\) 569-9332](tel:(586)569-9332)

Sol Midwifery LLC, Alexandria Lichtenfelt [\(810\) 610-7278](tel:(810)610-7278)

Photography:

Dawn Clements Photography [\(586\) 244-7716](tel:(586)244-7716)

Pelvic Floor:

Project Movement, [\(810\) 201-4728](tel:(810)201-4728)

Lactation:

Better Birth Consulting, Lauren Postal [\(407\) 506-8185](tel:(407)506-8185)

Placenta:

Bluewater Midwifery, Heather Lamanski CPM [\(586\) 569-9332](tel:(586)569-9332)

Brittany Cali Doula, BrittanyCaliDoula.com

Postpartum:

Bluewater Midwifery, Heather Lamanski CPM [\(586\) 569-9332](tel:(586)569-9332)

Chiropractor:

Brookside Chiropractic, [\(810\) 385-8450](tel:(810)385-8450)

Leverenz Chiropractic, [\(810\) 985-0084](tel:(810)985-0084)

Fitness:

Light, Love, Labor- prenatal and postpartum yoga, [\(810\)488-6907](tel:(810)488-6907)