

Creating your Best Birth Team

Birth Team Members

1. Main Birth Partner _____
2. Additional Support Person _____
3. Care Provider _____

Where can I find a Doula?¹

- ALACE -- The Association of Labor Assistants and Childbirth Educators www.alace.org
- Birth Works www.birthworks.org
- CAPP -- Childbirth and Postpartum Professional Association www.cappa.net
- DONA -- Doulas of North America www.dona.org
- ICEA -- The International Childbirth Education Association www.icea.org
- Doula Match – www.doulamatch.net
- [Ideas for finding a low cost/free doula](#) ²

Simple Steps to Find a Doula

1. Call a few doulas and ask questions.
2. Set up meet and greet with 2 or 3 doulas that you connect with and you can afford!
3. Choose the best fit!

3 Types of Care Provider Relationships

(I did not come up with this idea, however I did change the names of them – you can read a 21 page paper on the [Technocratic, Humanistic and Holistic Paradigms of Childbirth](#)³ by Robbie Davis-Floyd or a simpler version about the [Philosophical Options of Birth](#)⁴)

[Inspirational Story of Angela](#)⁵ who changed Care Providers at 40 weeks!

1. What Kind of Relationship do I WANT with my Care Provider?

- Authoritative
- Partnership
- Mother-Led

¹ <http://www.enjoybirth.com/FAQ-Find-Doula-CBE.html>

² <http://birthingbeautifulideas.com/?p=1746>

³ <http://www.davis-floyd.com/userfiles/TECHNOCRATIC%20HUMANISTIC%20AND%20HOLISTIC.pdf>

⁴ http://www.ohmchiropractic.com/articles_pregnancy/birth_what_are_the_philosophical_options.html

⁵ <http://enjoybirth.wordpress.com/2010/01/27/how-can-you-avoid-unnecessary-interventions/>

2. What Kind of Relationship do I HAVE with my Care Provider?
 - Authoritative
 - Partnership
 - Mother-Led

3. What are the 3 most important things I want to have regarding my birth?
 1. _____
 2. _____
 3. _____

4. How supportive is my Care Provider about these things?

5. What does my intuition say about my Care Provider?

If you feel good about staying with your Care Provider that is great!

If you feel you need to change here are some first steps.

1. What kind of relationship do you want? If you want mother directed then you need to research homebirth and get comfortable with that idea and find out about your homebirth options in your area. ([Birth Location Tutorial](#)⁶)
2. Call local Doula and Childbirth Educators.⁷
 - a. Explain you want to find a care provider that has a _____ relationship with his expecting moms.
 - b. Do they have any they can recommend?
 - c. Do they know any that accept late transfers (if that is the situation you are in.)
3. After a few phone calls you *may find the same names being suggested.*
4. Call those care providers and see if they will accept you as a patient.
5. Meet with the care provider and ask about your 3 most important items.
6. What does your intuition say?
7. Repeat steps 4-6 until you have a good match!

Steps to take to Create your Best Birth Team –

1. Do I have a main Birth Partner? If no, find one.
2. Do I want an additional support person? If yes choose one.
3. Is my Care Provider a good fit for my team? If no, find new Care Provider.

Take Action and Enjoy Your Birth!
www.enjoybirth.com

⁶ <http://www.enjoybirth.com/kno-birth-location.html>

⁷ <http://www.enjoybirth.com/FAQ-Find-Doula-CBE.html>

