# Doula: What Do I Do?

* Affirmations—Uplifting, positive, reaffirming conversation.
* Breathing Techniques—Trained in HypnoBirthing, I can offer special breathing techniques to help aid in your relaxation.
* Essential Oils—At your request, I can provide aromatherapy to help aid in your relaxation. (If you have never used EOs before, the day of labor is not recommended for use).
* TENS Unit—At your request, I am comfortable placing adhesive electrode pads to help with labor discomforts; however, you will be in charge of the unit, mode, and intensity settings. (If you have never used a TENS Unit before, the day of labor is not recommended for use)
* Physical Touch—Light Touch Massage, Acupressure, and Focal Point Massage are known to help release endorphins, which help the body to relax. Other physical touch may be double hip squeeze, shoulder anchor (hypnosis), support while walking or changing positions, and anything else you may need of me.
* Position Changes—From walking, to squatting, to laying, to getting in the tub/shower, and everything in between. Following your body’s intuition, I am here to assist you and be your support.
* Fluid Intake and Output—I will keep track of your water and help to remind you to stay hydrated, as well as go to the bathroom. I will also help you remember to snack lightly (or eat if you want!) All are important!
* Visualization—Deepening relaxation techniques to allow your mind something other than labor to focus on, so your body can follow your mind, and succumb to relaxation.
* Space—When you feel like you need a moment, or if I sense you need some alone time with your partner, I will step away, but will stay close by. Immediately after birth, I will allow you and your partner a few moments to bond as your care team does their assessment.
* Breastfeeding—Within the first hour of birth, The Golden Hour, I will be available to help baby latch and answer any questions you may have about breastfeeding. I will also be available by phone or email in the first two weeks postpartum for breastfeeding support, and have resources available for lactation specialists, should you need one.
* Departure—When I feel that you and your new family are settling in nicely, and have no further immediate questions, I will take my leave. I will still be available by phone or email for the first two weeks postpartum, and will be in touch within two days to check on you and schedule our postpartum follow-up, if you desire, or feel that it is needed.
* Resources—I have a list of resources available for other practices, which may be of benefit to you during this time. Chiropractic care, acupuncture, essential oils, midwife practices, placenta services, herbal remedies, lactation specialists, prenatal massage, and birth photographers.