



CREATING AN ADVOCACY PLAN

with your doula

This is a "first steps" guide to help parents and doulas clarify expectations for each other in the birth room. We suggest you reflect on these questions individually and then take time to discuss them together.

QUESTIONS FOR THE BIRTHING PERSON:

In my everyday life, how comfortable am I holding boundaries or saying "no"?

What are my responsibilities in advocating for myself during birth? Are there circumstances where I do NOT want my doula to advocate for me?

Do I feel confident about my rights as a patient?

QUESTIONS FOR THE DOULA:

What does advocacy mean to you? What advocacy skills do you have?

Will you speak to hospital staff or others on the birth team if I need you to? How will you know I need you to speak?

Are you well equipped to help facilitate conversation with the team, if needed, to help me get enough information to make an informed decision?

If I have a partner or support person, how will you integrate them into the advocacy role?

What do you consider your "limits" in the birth room?

DISCUSS TOGETHER:

What are our roles if a care provider is pressuring me to consent to something I'm not sure about? Or if a care provider starts to act without my permission?

What "key word" can I use to let you know I need some immediate help from you in private?