

If the Doula Disappeared... No One Would

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Shut the door
Cover every toe with the blanket
Make sure the curtains overlap
Persevere until we find just the right spot
Remind you to ask questions
Repeat what was said to you during a contraction
Move the yukky towels from your sight and smell right away
Shut the door again
Restart the playlist
Work with your nurse, helping him or her to get to know you
Repeat your visualization with each contraction
Be calm
Be the extra pair of hands
Fetch anything you wanted
Anticipate what you need
Keep a catalog in their head of what makes you feel better
Have your comfort and well being as the #1 priority
Make sure your loved ones are informed
Know how to interpret your medical provider's concerns in language a tired laboring brain can understand
Shut the door again
Give your partner a break and remind him or her its okay to eat
Keep the focus on you
Remind you that you are having a baby
Help the nurse
Tape your photos in the room
Understand medical procedures and explain what you might feel in advance
Believe in you and your ability to birth your baby
Remind you that you can say "no" or "not now"
Help you find your voice
Be there with you the whole time
Make sure your partner got to do what he or she wanted to
Shut the door again
Remember to fetch the baby book
Change the room temperature
Recall your deepest birth dreams and help to make them happen
Console you when they don't
Reflect your rhythms
Take detailed notes of what people say and write down what happened
Empower you to advocate for what you want
Try other things first
Disappear when you need privacy
Understand how each pain medication may affect you and your baby
Know your birth memories and satisfaction will affect you the rest of your life
Protect the space
Keep irrelevant activities from distracting you
Offer unconditional support free from future obligations

Be your doula