

# Virtual Labor Doula Support

## Informational Support

- Share evidence-based options about birth location, comfort measures, interventions, etc.
- Help create birth preferences plan with clients
- Provide information on hospital policies & procedures, and client options
- Provide support person with ways to support birthing person physically and emotionally.
- During labor, try to continuously be available via virtual meeting or call.



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## Emotional Support

- In addition to the many concerns during pregnancy, families are now experiencing a new set of worries due to birthing during a pandemic.
- Be an empathetic listener. Help family process through their fears and concerns.
- During labor, remind client to focus on each contraction.
- Provide praise and encouragement often! Remain in continuous contact with your clients.
- Encourage the support partner.



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## Physical Support

- Suggest position changes. Using your video call, demonstrate these positions for your client.
- Support client's breathing and visualizations.
- Encourage client to get into a tub or shower if possible.
- Provide quick links or photos of positions. These might include birth ball, peanut ball, Miles Circuit, etc.
- Remind client to stay hydrated and use the restroom often.
- Provide tips to the support partner about things you would be doing if you were there (taking photos of birth, cool washcloths for face, etc.)



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## The First Hours

- If you are not digitally connected through pushing/birth due to hospital policy, have your clients call you back as soon as possible.
- Congratulate the new family on the birth of their new baby!
- Encourage skin to skin for the first hour(s).
- Remind them of their preferences from their birth plan. (Skin to skin, breastfeeding within first hour, delayed procedures/baths, etc.)
- Help with the first breastfeeding. Provide gentle instruction and tips if a nurse/LC is not available, or if you have arranged other plans with your client. You may wish to have a doll and breast model to use for demos.



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## Building Bridges

- Introduce yourself to nurses and staff. "Hello, I am \_\_\_\_ and am the doula for the \_\_\_\_ family today. I am excited to work with you! I know this may be a bit unconventional, but I am eager to be a part of the \_\_\_\_ family birth team!"
- Encourage your clients to find a convenient place to place a laptop or tablet where you can see the room. It is handy to place their device near a wall charger.
- Follow hospital policies for recording. Many places have policies against recording during pushing/birth.
- Model effective communication and positive mental attitudes!

