**About Me**

**The purpose of this guide is to answer some common questions which you may have. The answers here are brief and I welcome further discussion at our initial meeting. I share my personal experiences and philosophies so that you can get to know me personally. Please remember though that we do not have to have identical experiences and philosophies to be compatible. As a doula, I support YOUR choices, experiences and philosophies. ☺**

**How long have you been a doula for? How many births have you attended? What types of births have you supported?**

I attended my first birth in [insert] and have, to date, attended [xxx] births. I take on very few (doula) clients per year due to my family commitments. Below is a summary of my experience:

Public hospital? Yes  
Private hospital? Yes  
Home birth? Yes  
First-time mother? Yes  
2nd/3rd time mother? Yes  
Water birth? Yes  
Hypno-birth? Yes  
Un-medicated birth? Yes  
Gas and/or pethidine? Yes  
Epidural? Yes  
Induction? Yes  
Caesarean? Yes  
VBAC? Yes  
Twins? No  
Breech? No

**Any additional experience?**

I am networked with over 400 doulas Australia-wide through Doula Network Australia. This is a source of mentoring and support. We have a very active group on Facebook where doulas ask questions, share info and learn from more experienced doulas.

**Who did you train with? What did it involve?**

[insert answer here]

**Why did you become a doula?** **What skills, qualities and abilities do you feel you have?**

[insert answer here]

**What are your philosophies and beliefs about childbirth?**

**[insert answer here]**

**What were your own birth experiences?**

**[insert answer here]**

**What are your beliefs about pain relief?**

[insert answer here]

**What are your experiences with breastfeeding and what are your philosophies?**

[insert answer here]

**Do you have any beliefs that would prevent you from supporting someone?**

[insert answer here]

**Do you have references? Can I call them?**

Absolutely! You can read testimonials and birth stories of past clients here:

[www.naturalbirthconnection.com/testimonials.htm](http://www.naturalbirthconnection.com/testimonials.htm) If you would like to speak to one of my previous clients, please let me know and I will pass on your number for them to call you. :)

***Let’s also discuss:  
What are you looking for in a doula? What support would you like from your doula?***