

IS DOULA WORK
RIGHT FOR YOU?

1. Prep Your Partner!

If you have a partner, they *need* to be on board.

- Are they ready to support you with the household tasks?
- Can they take on extra childcare, if applicable?
- Are they cool with you working in the evenings during your usual Netflix time?
- Can the household budget handle it?
- Will they cheer for you when it gets tough?

****OVER-DELIVER THE MONEY NEEDED,
AND UNDER-DELIVER THE RESULTS****

2. Support for the littles.

If you have little ones, you must build support systems.

- Ask your friends and family if they can be on your call list for child care.
- Find Mompreneur groups on Facebook and meet some moms - they would probably love to childcare share with you.
- Meet other doulas that live close to you so that you can swap on-call support too.
- Find out what daycares around you have last minute drop off.

3. Dump your day job.

Ok maybe not yet. At first many women do both until they are ready to take that next big step.

- Do you have sick days that you can use if you get called to a birth?
- Talk to your employer and see if they would support you doing client care and keeping your day job.
- Check with your partner and support people if it works for you to do postpartum care in the evenings and during weekends.

****DON'T WORK OUT OF THE HOME? THEN GET SPRINTING ON GROWING YOUR BUSINESS!****

4. Get your bank account ready.

Don't worry, we have good news!

- Do you have a bit of start up money to set up your website and get some print materials?
- Do you have living expenses available to you while you are growing your business?

****A LOT OF THE MARKETING STEPS ARE FREE (LIKE SETTING UP A BUSINESS FACEBOOK PAGE).****

5. Support for the littles.

Doula work is incredibly rewarding and also challenging.

- Make sure that you have what it takes to be a doula like kindness, openness, and patience.
- Why you want to do this work?
- Are you a good listener?

Want to know more about bebo mia or our **doula training**? Reach out, we would love to chat!

info@bebomia.com

www.bebomia.com