

THE ULTIMATE
DOULA
GIFT *guide*
FOR 2022



FUN DOULA
GIFT *ideas*



Vulva mug

[BUY HERE](#)

 ScruncStreet



unless I'm at a birth t-shirt

[BUY FROM ETSY HERE](#)



i love you but shhhh i was at a birth pillow

[BUY FROM BEBOMIA.COM HERE](https://www.bebomia.com)

🛒 YesYesYallApparel



birth worker travel mug

[BUY FROM ETSY HERE](#)



counter pressure time sweater

[BUY FROM BEBOMIA.COM HERE](https://www.bebomia.com)



Doula life travel rumbler

[BUY FROM ETSY HERE](#)

 TheHolisticBirthCo



Meconium happens mug

[BUY FROM ETSY HERE](#)



I got you babe pillow

BUY FROM [BEBOMIA.COM](https://www.bebomia.com) HERE

🛒 NotYourAverageNursez



It's a beautiful day in it he labourhood mug

[BUY FROM ETSY HERE](#)



Birth worker + change maker sweater

[BUY FROM BEBOMIA.COM HERE](https://www.bebomia.com)

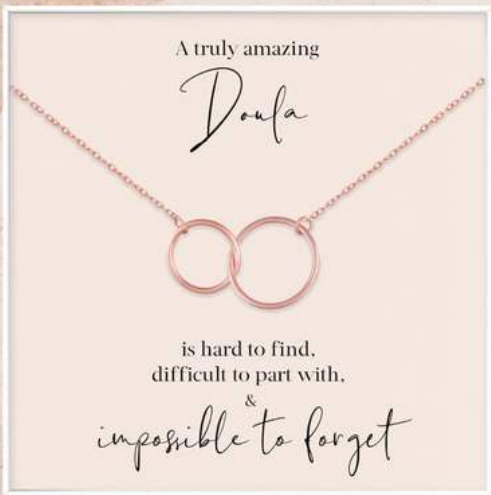
🛒 ClaudyBellefeuille



between two worlds art

BUY FROM ETSY HERE

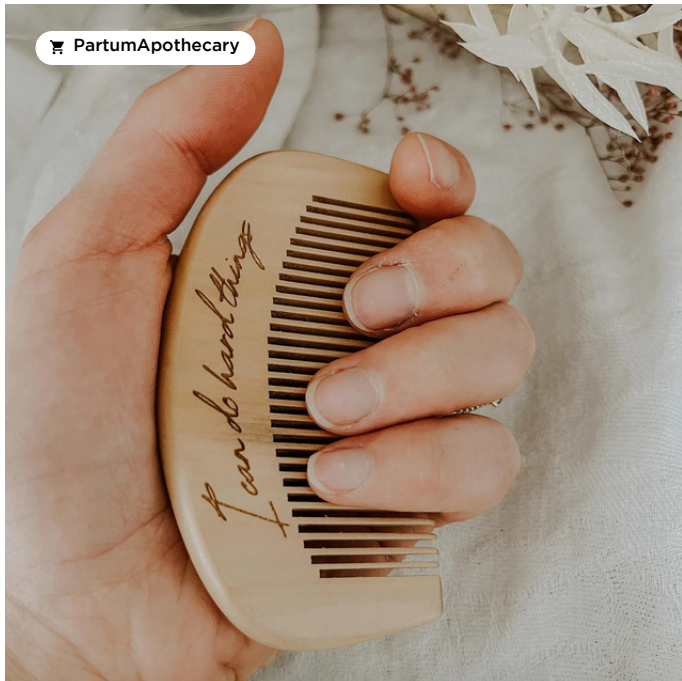
 EmiviaJewelry



a truly amazing doula necklace

[BUY FROM ETSY HERE](#)

 PartumApothecary



I can do hard things comb

[BUY FROM ETSY HERE](#)



Birth worker + change maker notebook

[BUY FROM BEBOMIA.COM HERE](http://www.bebomia.com)



Roast the patriarchy mug

[BUY FROM BEBOMIA.COM HERE](https://www.bebomia.com)

DOULA CLIENT
HANDOUTS +
TEACHING TOOLS
GIFT *ideas*

ILLUSTRATED CLIENT HANDOUT

Bed SHARING

BODY FEEDING IS A SIGNIFICANT FACTOR IN THE PREVENTION OF SIDS

BABY IS PLACED ON THEIR BACK TO SLEEP (IT IS COMMON TO FALL ASLEEP ON THEIR SIDE DURING NURSING)

NO GAPS OR WEDGES IN BED

BED IS CLOSE TO THE GROUND

FIRM MATTRESS

A CONSCIOUS CHOICE BY BOTH PARENTS

BABY LESS THAN 1 YEAR OLD SHOULD NOT SLEEP NEXT TO SIBLING

BABY DOES NOT SLEEP WITH A PILLOW OR EXCESSIVE BEDDING

VERY LONG HAIR IS TIED BACK



Safe Bed Sharing Graphic

[BUY FROM ETSY HERE](#)

ILLUSTRATED CLIENT HANDOUT



Human milk FEEDING MY FIRST WEEK

Keep me close, skin-to-skin, so that I can ask for food when I need it. The number of times I feed and how long I feed for is not as useful as how well I feed. My tummy is very soft - need to be frequent, including overnight. Just because I'm fussy doesn't mean I'm drinking. I may need your help as we learn this new skill together. You can help me drink well by using compressions and switching sides to keep the milk flowing.

OUTPUT	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PEE NOTE: I'm unable to pee because of the lack of milk in the absence of a breast.	 1 pee drop or light yellow urine	 2 pee drops or light yellow urine	 3 pee drops or light yellow urine	 4 pee drops or light yellow urine	 5 pee drops or light yellow urine	 6 pee drops or light yellow urine	 7 pee drops or light yellow urine
POOP At least one large loose stool every 24 hours in the first week.	 1 large stool (green/black)	 1 large stool (green/black)	 1 more large loose stool (green/black)	 1 occasionally large soft stool (green/black)	 1 tummy hardened like a poop	 1 tummy flat (no more hard poop)	 1 tummy relaxed, soft on touch (may change in the future for periods of time)

BEHAVIOUR WEIGHT TUMMY SIZE

I may be really sleepy after birth but I would rather be skin-to-skin with my caregiver. If I am being swaddled up tight I may not be able to ask for food when I need it so I can't be skin-to-skin, please unwrap me after a few hours so I can tell you if I am hungry. If I am fussy, not aroused, or bring my hands to my mouth, it may mean that I am still hungry. You can offer me more milk and don't worry, there is no way to overfeed me by breastfeeding. My fussing may also be a sign that I need your contact and cuddles. You won't spoil me with all that attention - I am relying on you for security and comfort so I can grow and develop.

I will likely lose some weight in the first few days after birth but I know my birth weight may have been reduced if I had a prolonged stay in hospital. I will likely gain weight during the second half of my first week (10-14 days or more) with the goal of passing birthweight by 2 weeks of age.

DAY 1
6-8cm
or more



DAY 3
20-24cm
or more



DAY 7
28-30cm
or more



Human Milk Feeding - First Week

[BUY FROM ETSY HERE](#)

ILLUSTRATED CLIENT HANDOUT



Babies Don't Care Human Feeding

[BUY FROM ETSY HERE](#)

ILLUSTRATED CLIENT HANDOUT

 *How to Guide:*
SAFE PREPARATION
FOR FORMULA



1 WASH HANDS



2 STERILIZE BOTTLE



3 BOIL WATER



4 COOL WATER UNTIL LUKEWARM



5 POUR WATER INTO BOTTLE



6 ADD SCOOPS OF POWDER TO BOTTLE



7 SHAKE BOTTLE



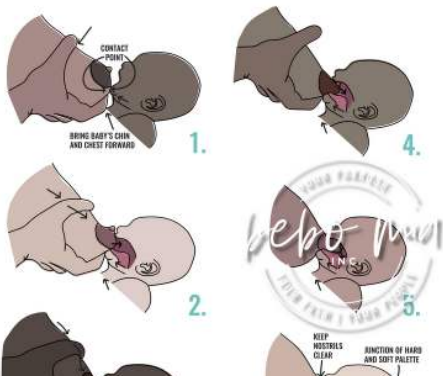
8 CHECK TEMPERATURE ON THE INSIDE OF WRIST

How to Guide: Safe Preparation for Formula

[BUY FROM ETSY HERE](#)

ILLUSTRATED CLIENT HANDOUT

Attachment
**THE KEY TO SUCCESSFUL
BODY FEEDING**



The Key to Successful Body Feeding

[BUY FROM ETSY HERE](#)

DOULA CONTRACT



As Your Labour Doula

- I accompany birthers/families in labour to facilitate a safe and satisfying birth experience.
- I provide emotional support, physical comfort, and communication with your health care provider to ensure you have the information needed to make informed decisions in labour.
- I can provide reassurance and perspective to you and your partner, make suggestions for labour progress, and help with relaxation, massage, positioning and other techniques for comfort.
- I can be a constant for a birthing couple in a time of ever changing hospital shifts and alternating provider schedules
- I work for you, not your health care provider or hospital.



As Your Labour Doula I Will Not

- Perform clinical tasks, such as blood pressure, fetal assessments, vaginal/pelvic exams, etc.
- Make decisions for you. In the event of an emergency, I will support you in making an informed decision.

Labour Doula Contract

[BUY FROM ETSY HERE](#)

Dolls to help with childbirth ed



Fetal Doll with Umbilical Cord

BUY HERE

For demonstrations for clients



Body Feeding Hand Puppet

BUY HERE

PRACTICAL DOULA

GIFT *ideas*



Massager for sore muscles

[BUY HERE](#)



Listerine breath strips

BUY HERE



Honey sticks

BUY HERE



Head massager

BUY HERE

Comfortable Shoes for at a birth!



Skecher walking shoes

BUY HERE



Disposable gloves

BUY HERE



Essential oil starter kit (peppermint mostly)

BUY HERE

Perfectly carry all your daily needs.



7.9in iPad

Fanny pack

BUY HERE



Massage roller balls

BUY HERE



Portable battery charger

BUY HERE



Peanut ball

BUY HERE



Uterus badge reels


[BUY HERE](#)

Washable shoes for at a birth!



Birkenstock Original Super-Birki

BUY HERE

A close-up photograph of a person's hand holding a thick, black, looped elastic hair tie. The hand is positioned against a light purple background. The hair tie is stretched around the index and middle fingers, demonstrating its flexibility and thickness. The lighting is bright, casting soft shadows on the hand and the background.

Ouchless®

No metal, no pain

Secure, comfortable
hold for all-day wear



Elastic thick hair ties

BUY HERE



Microwavable heating pad

BUY HERE



perfect mama TENS machine

BUY AT DOULAESSENTIALS.COM HERE

Sleeping masks for after a long birth!



Silk sleep masks

BUY HERE