

Thank you for welcoming my doula as part of my birth support team

- My doula will provide me with practical and emotional support only.
- My doula doesn't provide me with advice or make any decisions on my behalf.
- If I need to make decisions during my labour or birth I will rely on you my midwives/doctors to provide clear individual medical advice.
- I may also want to know what the benefits, risks, and alternatives of any interventions you are offering me and I will rely on my personal intuition to make decisions that are entirely my own in light of all of the information and advice.

I'm grateful for all of my team working together for the physical and mental health and well being of myself and my baby which is our shared goal and priority.