



## **Doula Program Information and Registration**

The word Doula refers to a supportive companion (not a friend or loved one) experienced in attending childbirth and trained to provide continuous emotional and physical support during labour. Evidence suggests that doula support can have enormous benefits for the pregnant person, newborn, and family. There have been many studies and several randomized trials confirming the benefits of the presence of a doula. People randomized to receive doula support also reported higher self-esteem and stronger feelings of attachment to their newborn six weeks after birth than people who did not receive doula support.

- **Emotional support:** Encouragement and reassurance throughout the labour and birth.
- **Physical support:** Massage, warm compresses, and other comfort measures. It can also include non-pharmaceutical forms of pain management such as position changes, relaxation exercises, massage, breathing techniques and the use of a TENS (Transcutaneous Electrical Nerve Stimulation) unit.
- **Informational support:** Assisting a pregnant person in understanding their options during labour and providing language translation when necessary. The doula does not offer medical advice.
- **Partner support:** Role modeling and providing reassurance and encouragement for partner or support people. The doula allows partner or support people to participate in the labour and birth at their own comfort level.

The type of support provided by the doula is based on individual preferences and is usually discussed with the pregnant person and partner prenatally. An important element of the doula's role is the continuity of care that they provide by remaining with the pregnant person throughout their labour and birth.

**Training:** All doulas on the SCBP Team have attended an Approved Birth Doula Training and completed our SCBP doula orientation. Upon joining our team, doulas are required to sign a standard of practice form and a confidentiality agreement. New team members undergo a program-specific orientation to SCBP collaborative practice and receive in person mentorship from senior team members.

**What to Expect:** Around the 32nd week of your pregnancy you will be given a doula program registration form to fill out. The director of the doula program looks at a variety of factors when assigning your doula to you.

**Language preference:** If you speak a language other than English at home or would appreciate a doula who is culturally sensitive to your individual needs, the doula coordinator will take this into consideration.

**Preferences:** If you have other preferences or considerations, like the doula's background, age, or if you prefer a doula of a similar faith, please note it on your form. Your doula is dedicated to



supporting you according to your wishes, and they will never bring their beliefs or faith into your experience.

**When will you meet your doula and what to expect:** Your assigned doula will contact you via the number provided on your preference form around the 35<sup>th</sup> week of your pregnancy. At that time a prenatal visit will be arranged.

You will have one virtual prenatal visit with your doula.

- Your doula will be on call for you 24/7.
- Please inform your doula when labor begins and avoid going to the hospital before alerting both your doula and the emergency line.
- Your doula will offer you and your support person guidance via telephone when your labour starts to get progressive.
- Your doula will join you in labour when you are getting admitted to the hospital.
- Once at the hospital, the doula will stay with you continuously until your baby is born, usually an hour or so or longer if needed.
- You can expect one virtual postpartum visit from your doula within two weeks of being home.

**Back up:** Our doula team collaborates to ensure seamless support. If your designated doula requires a backup for any reason, they will brief the backup about your personal wishes. Statistically, you can anticipate having the doula you met prenatally with you for the majority of the time.

### **What's the difference between an SCBP doula and hiring a doula privately in the community?**

The South Community Birth Program is a multidisciplinary collaborative maternity program, and our doulas work seamlessly within the collaboration. Several of our doulas work privately in the community as well as at SCBP. One of the many advantages of working as a doula at SCBP is being seen as an essential part of the care team. Our doulas and providers work together with the staff at BCWH to make sure that your experience is cohesive and connected. Choosing an SCBP doula means gaining an additional point of contact with your team at SCBP. Our doulas take great joy in providing support to Vancouver families who may face financial constraints and are unable to afford the market price of doula care.

**Doula Program:** Since our inception, we've been committed to ensuring that every family in our care who desires the assistance of a doula, receives it. In the Vancouver area, private doula services typically come with fees ranging from **\$1,500 to \$2,000**, making them financially out of reach for many families under our care. At SCBP, we believe that all families should have access to this valuable support.



How much to Pay: In creating our new fee-based structure, we've drawn inspiration from some of our favorite sliding scale models to help families adjust payments based on their access to resources.

**\*PLEASE BE SURE WE HAVE RECEIVED YOUR PAYMENT BY 33 WEEKS OF YOUR PREGNANCY**

<p style="text-align: center;"><b>FULL FEE</b></p> <p style="text-align: center;"><b>\$650-950+</b></p>	<p style="text-align: center;"><b>PARTIAL CONTRIBUTION</b></p> <p style="text-align: center;"><b>\$500-\$650+</b></p>	<p style="text-align: center;"><b>SUBMIT A REQUEST FOR SUBSIDY</b></p> <p style="text-align: center;"><b>\$350-\$500</b></p> <p style="text-align: center;"><b>FULL FOUNDATION SUPPORT</b></p> <p style="text-align: center;"><b>\$0-\$350</b></p>
<ul style="list-style-type: none"> <li>● Own your home, rent higher end property, or have investments.</li> <li>● Have retirement accounts or inherited money.</li> <li>● Travel for recreation.</li> <li>● Have access to family resources in times of need.</li> <li>● Have a relatively high degree of earning power due to education level, gender &amp; racial privilege, class background, etc.</li> <li>● Are employed or don't need to be employed.</li> <li>● Have access to financial savings.</li> <li>● Can afford an annual vacation.</li> <li>● Have expendable income.</li> </ul>	<ul style="list-style-type: none"> <li>● Have some expendable income.</li> <li>● May have access to savings.</li> <li>● Take a vacation every year or every few years without financial burden.</li> <li>● May occasionally stress about needs but regularly meet them.</li> <li>● Have some debt but it does not interfere with attainment of basic needs.</li> <li>● Have some financial burden due to caring for relatives.</li> </ul>	<ul style="list-style-type: none"> <li>● Receive government financial support.</li> <li>● Experience hiring or pay discrimination.</li> <li>● Frequently struggle to meet basic needs.</li> <li>● Rent lower end properties or experience unstable housing.</li> <li>● Have no access to savings.</li> <li>● Have no expendable income.</li> <li>● Cannot take time off without financial burden.</li> <li>● Have financial burden of caring for relatives.</li> <li>● Have family history of financial insecurity due to discrimination.</li> <li>● Have no health benefits.</li> </ul>

**NOTE:** If you have extended health benefits covering doula support, please inform our office if you would like a receipt with the necessary information for submission

**SUPPORT ANOTHER FAMILY:** If you are interested in contributing to support a family at SCBP with limited access to resources for accessing the benefits of doula care, please visit:

**Vancouver Community Birth Foundation** through the SCBP website:  
<https://my.charitableimpact.com/charities/south-foundation>



## DOULA PROGRAM REGISTRATION INFORMATION:

Full Name on Care Card: \_\_\_\_\_

Person in Care Date of Birth: \_\_\_\_\_

Telephone# \_\_\_\_\_

What is your estimated due date? \_\_\_\_\_

Do you have other children: Yes          No

Do you speak a language at home other than English? \_\_\_\_\_

Do you have any specific requests or preferences you would like the coordinator to consider when assigning your doula?

*Your assigned doula will contact you **directly** at the above provided number.  
Expect to hear from them around the 35<sup>th</sup> week of your pregnancy.  
Due to the nature of the program, doulas are **assigned** to SCBP clients by the Doula Coordinator.  
However, the Coordinator will do their best to consider your requests!*

***I acknowledge my household falls into the guidelines for the \_\_\_\_\_ fee.***

***Signed*** \_\_\_\_\_

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HOW TO MAKE YOUR DOULA PAYMENT PLEASE USE – PAYPAL- search:

## SCBP Doula Program

MAKE AN APPROVED PARTIAL FOUNDATION PAYMENT AT THE LINK BELOW

\*PLEASE INCLUDE THE NAME OF THE PERSON IN CARE

Find out more about our Vancouver Community Birth Foundation through the SCBP website:

<https://my.charitableimpact.com/charities/south-foundation>

'About Us' → ['Foundation & Community Work'](#)

PLEASE EMAIL YOUR FORM BACK TO OFFICE@SCBP.CA