



*Jai Olive*  
Wellness Community for Womxn of Color

# How to Hire a Doula with Jai Olive Wellness

[www.jaiolivewellness.com](http://www.jaiolivewellness.com)

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# Meet Doula Jazzmine

## Professional Doula in Central Iowa



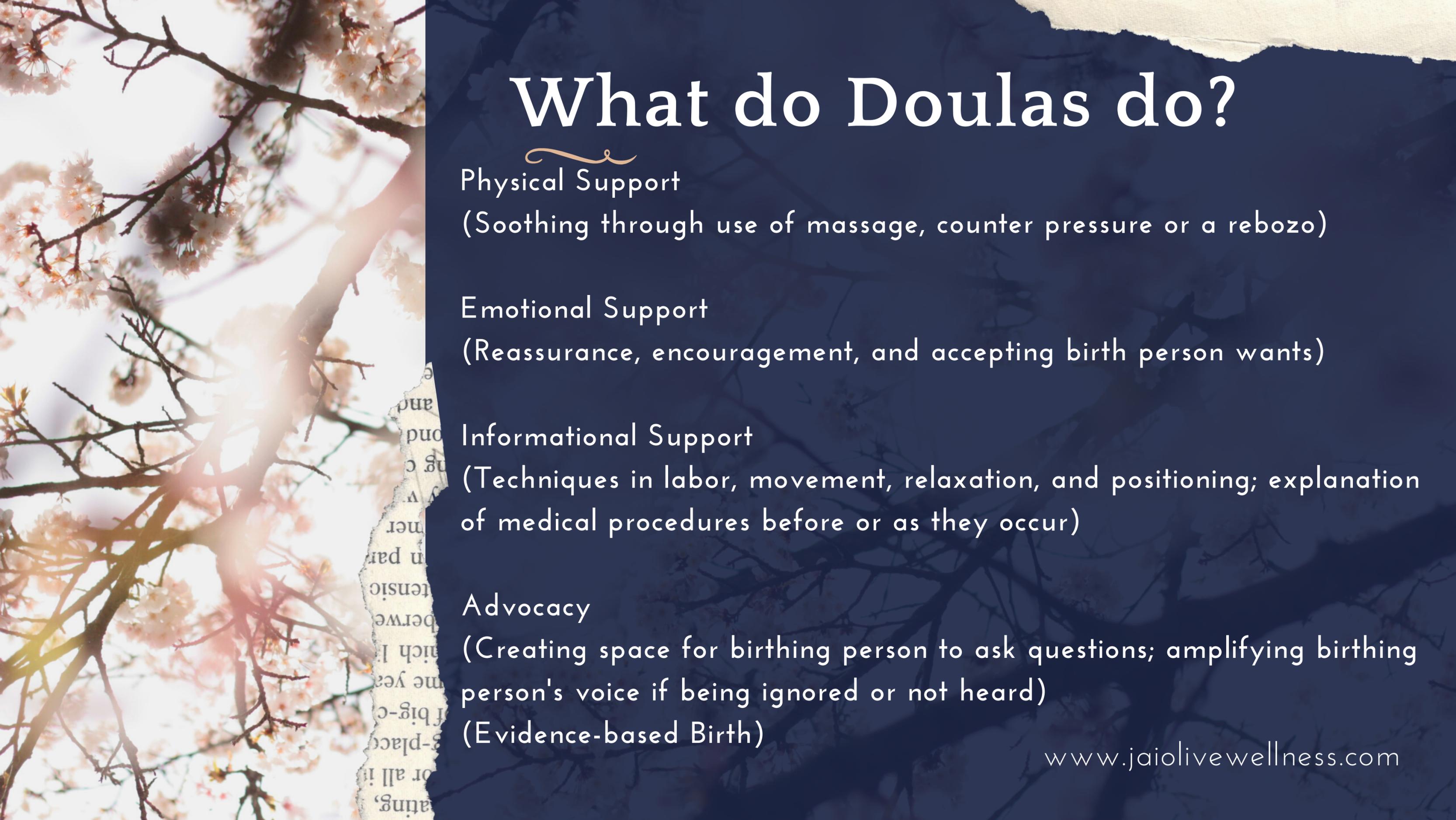
- Wife, furbmom, daughter, sister, and friend
- Doula in Training with the National Black Doulas Association on fertility, birth, and postpartum\*
- Birth worker and advocate for womxn of color and diverse backgrounds; specialized in rural womxn's health

*"I believe in empowering womxn by leading with love and care, as well as providing evidence-based knowledge to guide birthing parent(s) to making informed decisions about their care."*

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# What is a Doula?

A doula is a trained professional that provides emotional and physical support to pregnant individuals and their partners. I am an advocate, coach, and resource for the community.



# What do Doulas do?

Physical Support

(Soothing through use of massage, counter pressure or a rebozo)

Emotional Support

(Reassurance, encouragement, and accepting birth person wants)

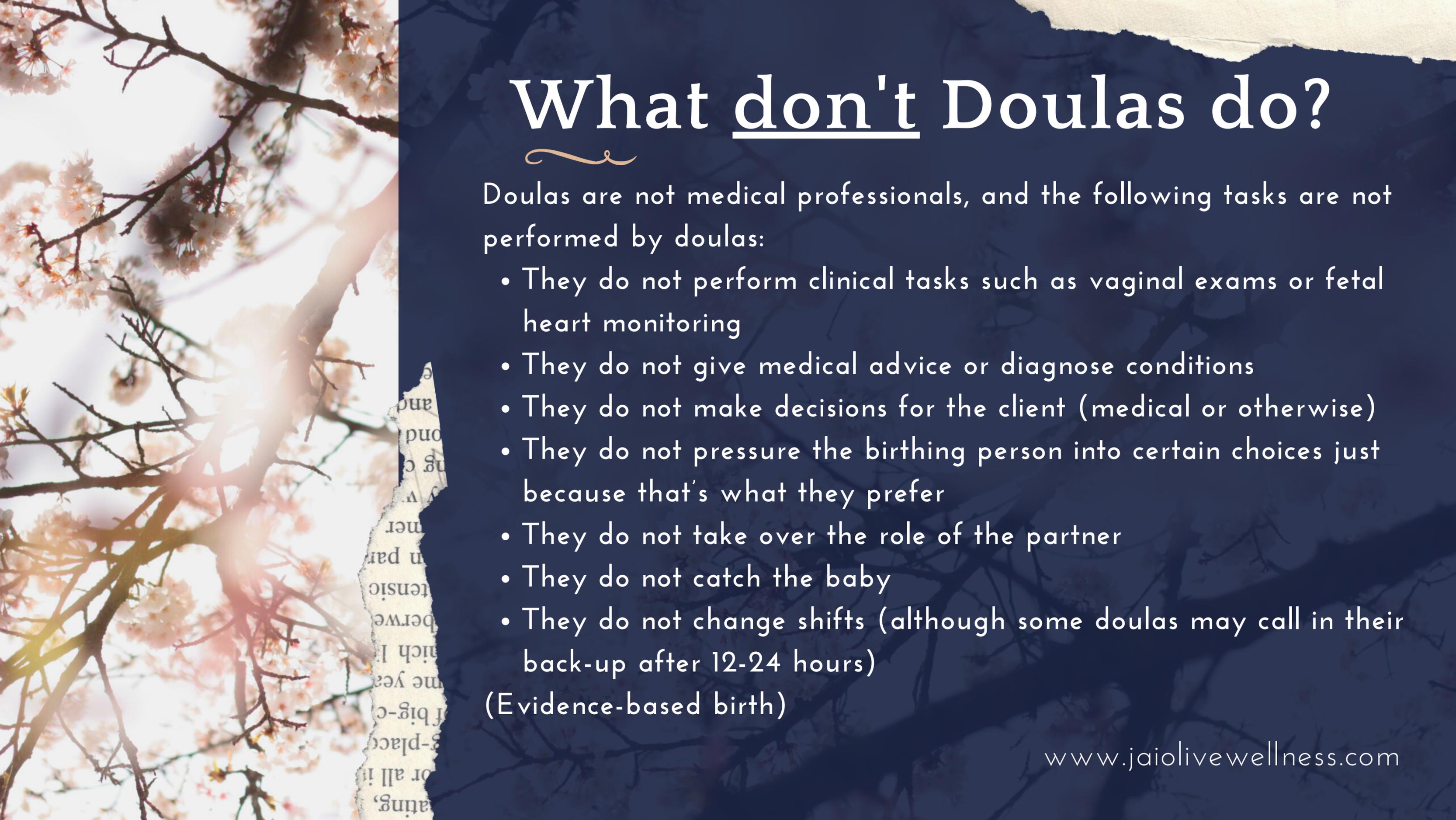
Informational Support

(Techniques in labor, movement, relaxation, and positioning; explanation of medical procedures before or as they occur)

Advocacy

(Creating space for birthing person to ask questions; amplifying birthing person's voice if being ignored or not heard)

(Evidence-based Birth)



# What don't Doulas do?

Doulas are not medical professionals, and the following tasks are not performed by doulas:

- They do not perform clinical tasks such as vaginal exams or fetal heart monitoring
- They do not give medical advice or diagnose conditions
- They do not make decisions for the client (medical or otherwise)
- They do not pressure the birthing person into certain choices just because that's what they prefer
- They do not take over the role of the partner
- They do not catch the baby
- They do not change shifts (although some doulas may call in their back-up after 12-24 hours)

(Evidence-based birth)



# Benefits of Hiring a Doula

- Decrease in the risk of being dissatisfied with birth experience
- Decrease in the use of Pitocin
- Decrease in the risk of c-section
- Decrease in the risk of newborns being sent to NICU
- Increase in the likelihood of a spontaneous vaginal birth
- Decrease in the use of any medication for pain relief



# Services



## CONSULTATIONS ARE FREE!

- Holistic Fertility Support
- Birth Support
- Postpartum Support (Coming June 2020)

[Learn more about fees and services](#)

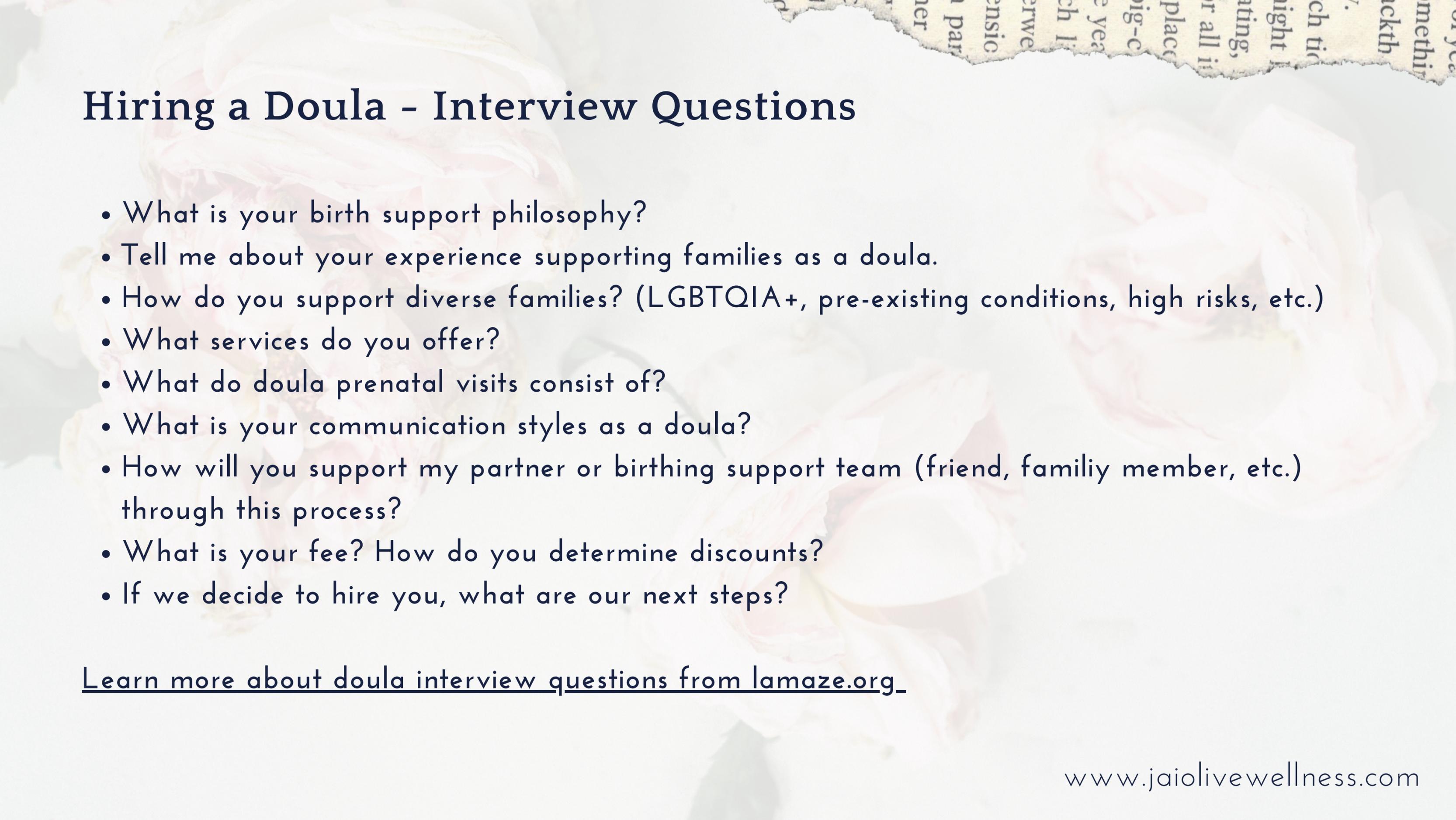
*LGBTQIA+ Friendly.*

*Discounts are available to low-income families, single parents, surrogates, a person(s) with a disability, and folks considering adoption.*

*Fees are on a sliding scale and based on income.*

*\*Due to COVID-19, all consultations and services will be offered virtually. Please consult with your physician on regulations regarding labor support persons in birth space.*

[www.jaiolivewellness.com](http://www.jaiolivewellness.com)



# Hiring a Doula - Interview Questions

- What is your birth support philosophy?
- Tell me about your experience supporting families as a doula.
- How do you support diverse families? (LGBTQIA+, pre-existing conditions, high risks, etc.)
- What services do you offer?
- What do doula prenatal visits consist of?
- What is your communication styles as a doula?
- How will you support my partner or birthing support team (friend, family member, etc.) through this process?
- What is your fee? How do you determine discounts?
- If we decide to hire you, what are our next steps?

[Learn more about doula interview questions from lamaze.org](https://lamaze.org)

# Hiring Jai Olive



4 Easy Steps



# STEP 1



## SCHEDULE A FREE CONSULTATION

Visit [www.jaiolivewellness.com/consultwithjaidoula](http://www.jaiolivewellness.com/consultwithjaidoula) to schedule a 45-minute consultation

## INTERVIEW DOULA JAZZMINE

Bring any questions, information you'd like to share, and note-taking materials.





# STEP 2



## REVIEW DOULA CONTRACT

Post interview, Doula Jazzmine will send you a contract to review including an outline of services and service agreements. Read thoroughly as this is legal binding once signed.

## FOLLOW UP WITH ANY ADDITIONAL QUESTIONS

Connect with Doula Jazzmine if you have any questions or concerns about the agreement.





# STEP 3



## SIGN AGREEMENT

The agreement will need to be signed and completed. Make sure that any updates to services is written in the contract. Any new service request will need a new signed agreement.

## PAY DOULA SERVICES

After signing the doula agreement, email the completed copy to [brooks@jaiolivewellness.page](mailto:brooks@jaiolivewellness.page). You will receive an invoice via email. You will have 15 days to complete transaction.





# STEP 4



## SCHEDULE FIRST PRENATAL APPOINTMENT

Save all documents from Doula Jazzmine. Schedule first prenatal appointment via

[www.jaiolivewellness.com/consultwithjaidoula](http://www.jaiolivewellness.com/consultwithjaidoula) - *client scheduling*

Due to COVID-19 all appointments will be held virtually. You'll receive a Google chat invitation via email with a prenatal appointment agenda. Please add questions and/or answers to the document prior to appointment.



## REVIEW

*"Jazzmine was extremely supportive and caring throughout my entire experience with her. She provided my husband and I with great advice to prepare us for delivery, helpful tips to make labor and delivery easier on me, and a sense of comfort during this uncertain time dealing with the COVID pandemic. I appreciated the open communication and that I could reach her through different avenues (phone, text, email). She's amazing with following up postpartum as well and just having that extra ear to vent to and navigate through my feelings, anxieties, and concerns with was definitely needed. I would recommend her services to anyone a million times over."*

# Connect with Jai Olive Wellness

via Social Media



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