



What a Doula Is Not

Ethereal Childcare & Doula Services LLC · Arlington & DFW

Understanding your doula's role

A doula provides non-medical emotional, physical, and informational support before, during, and after birth. To help you know what to expect, here is what Ethereal's doula services **do not** include.

A doula does not deliver babies

Lakayla is a certified doula. She is not a physician, nurse, midwife, or other licensed medical provider, and she is not licensed to deliver a baby. Your doctor or midwife is responsible for your birth. If your baby is arriving quickly or you cannot reach your provider, call 911. Lakayla will stay with you and support you until help arrives.

A doula does not give medical advice or perform medical care

A doula does not diagnose, treat, or prescribe, and does not advise on medications. She does not perform clinical tasks such as vaginal exams, fetal monitoring, or checking vital signs. Please take questions about your health or your baby's health to your doctor, midwife, or pediatrician.

A doula does not make decisions for you or speak for you

Your birth and your baby are your choices. Lakayla helps you understand your options, think through questions, and communicate with your care team. She does not make decisions for you or overrule your care providers.

A doula does not replace your care team

Doula support is in addition to your prenatal care, pediatric care, and any lactation, mental health, or other professional care you may need. Feeding support from a doula is educational and comforting. For medical or complex feeding concerns, please see a lactation consultant or your pediatrician.

A doula is not responsible for other children in the home

Lakayla is not responsible for supervising, caring for, or transporting other children in the home, including siblings of your new baby, **unless sibling support has been added to your services in your signed agreement**. During visits and shifts, another responsible adult must be present for any other children, unless sibling support is part of your agreement.

A doula is not an emergency service

If you or your baby may be having a medical emergency, call 911 right away. Doula support is not a substitute for emergency or medical care.

A doula cannot guarantee an outcome

Every birth and every baby is different. Doula support can help you feel informed and cared for, but no particular birth experience or outcome can be guaranteed.

Client acknowledgment

I have read and understand this document.

Client name (print)

Client signature

Date