

WORKBOOK

Doula Client Guide & Workbook

A SUPPORTIVE TOOLKIT FOR
PREGNANCY, LABOR & POSTPARTUM

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**Hi! I am
Authisa,
your doula
specialist!**

Authisa Aston

Welcome to Doula at the Gate

Whether this is your first baby or your fifth, stepping into birth is a powerful, personal journey. This guide and workbook has been created to support you every step of the way - through planning, questions, fears, big feelings, and beautiful moments.

As your doula, my role isn't to direct or decide - it's to walk beside you. To offer knowledge, comfort, reassurance, and advocacy so that you can feel confident, calm, and deeply supported in your choices.

Birth is not something you have to 'get right.' You already know what's best for you - I'm just here to help you stay connected to that knowing, no matter how your path unfolds.

Authisa Aston

DONA Certified

CPR Certified

Lactation Support

Bereavement Training

VBAC Informed

Perinatal Mood



What Does a Doula Do?

That includes:

- Listening to your hopes, fears and concerns
- Helping you prepare emotionally and practically
- Offering comfort techniques during labour
- Supporting your partner or birth team
- Holding space & advocating for your wishes
- Supporting your recovery after birth

Continuous care - not just during labour.

What a Doula Doesn't Do

Just so we're clear:

- No medical advice or decisions
- No clinical tasks (checks, monitoring)
- Doesn't replace your midwife or OB
- No judgment - your birth, your way

Communication & Boundaries

Here's how we'll stay connected:

Prenatal Meetings

Two visits to prepare for birth and labor.
First visit in-person.

Message Support

Text/email during pregnancy. Phone calls at labor onset.

On-Call Window

On-call from 38 weeks until delivery.

Postpartum Check-In

1 hour after delivery + follow-up visit.

If there's ever something you're unsure about, please ask.

Pregnancy Preparation

Pregnancy isn't just about getting ready for birth. It's also about preparing to advocate for yourself, make informed choices, and feel truly supported. My role is to help you feel grounded.

Your Support Circle

One of the most important parts of preparing for birth is deciding who you want in your corner. Your support circle might include your partner, a trusted friend, a family member, your doula, or others who will respect your choices and help you feel emotionally and physically safe.

Knowing Your Rights and Options

In pregnancy and birth, you have the right to ask questions, be fully informed, say yes, say no, or take time to decide. Using the B.R.A.I.N. decision-making tool can help you stay calm and confident.

Creating Birth Preferences (Not a Script)

A birth plan isn't about controlling the experience. It's about communicating what matters to you - your hopes, coping style, and preferences - while remaining flexible if things shift.

Pregnancy Reflections



What's feeling exciting about birth right now?

What's feeling unknown, worrying, or overwhelming?

What do I want to feel during birth?

Who helps me feel emotionally and physically supported?

Birth Preferences Worksheet



What kind of environment would help me feel calm and grounded?

What are my thoughts around pain relief and comfort tools?

Are there specific movements or positions I'd like to try?

How do I want baby to be welcomed after birth?

Any specific requests for my birth team?

Appointment Question Log



Next appointment date:

Questions I want to ask:

Things I'd like more information on:



Final Note

However your birth unfolded, please know this:

You showed up. You listened to your body.
You brought life into the world in your own way.
That matters.

This workbook may be ending, but your journey
continues - deeper into connection and growth,
and the beautiful chaos of life with a new baby.

If you ever need a reminder of how strong you are,
come back to these pages.

You've done something incredible.
