



BE STILL DOULA SERVICES

Client Guide & Birth Planning Packet



WELCOME MAMA,

This season you're stepping into is powerful, tender, and life-changing in ways words can't fully hold.

My role as your doula is to be a steady, calming presence — someone who helps you feel safe, informed, and deeply supported as you prepare to meet your baby.

This guide was created just for you. Inside, you'll find tools, education, and gentle guidance to help you walk into your birth feeling confident and at peace.

You were made for this.

I'm so honored to walk alongside you.

With love,

Keeley

Be Still Doula Services



“The Lord will fight for you; you need only to be still.” – Exodus 14:14

YOUR BIRTH VISION

There is no right way, only what is right for you.

ENVIRONMENT

- Dim lighting
- Music / calming sounds
- Quiet / minimal interruptions
- Essential oils

COMFORT

- Natural coping techniques
- Would like to try other Medication first
- Open to epidural
- Water (shower/bath)
- Breathing & movement

BIRTHING POSITIONS

- Bath/shower
- Birth ball
- Freedom to change positions
- Squatting
- In bed

LABOR PREFERENCES

- Freedom to move
- Change positions
- Limited vaginal exams
- Intermittent monitoring

PUSHING

- Breathe baby down
- Open Glottis pushing
- No purple pushing
- change positions if possible



*"I praise you because I am fearfully and wonderfully made." –
Psalm 139:14*

YOUR BIRTH VISION

There is no right way, only what is right for you.

AFTER BIRTH

- Immediate skin to skin
- Delay Cord Clamping (2-5 min)
- Quiet / minimal interruptions
- Do Not wipe baby off
- Golden Hour if baby is healthy
- Wait to weigh and measure baby
- Partner cuts cord

BABY CARE

- Vitamin K vaccine
- Hep B Vaccine
- Eye ointment
- More information
- NONE

PLACENTA

- Deliver placenta naturally
- No injection
- Nurse baby to Help deliver

FEEDING

- Breastfeeding
- Bottle/formula
- Expressed Breastmilk

IF PLANS CHANGE

- Partner present at all times
 - Gentle cesarean preferences
 - Skin-to-skin in OR
 - Baby stays with me when possible

I trust my body. I trust my baby. I am safe.



COMFORT & COPING



As your body works, your mind plays a powerful role in how you experience each moment.

Learning to stay grounded, calm, and present can help you move through labor with more confidence and less fear.

When we prepare both the body and the mind, we create space for a more supported and empowered birth experience.

"FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR,
BUT OF POWER, LOVE, AND A SOUND MIND." – 2
TIMOTHY 1:7

COMFORT & COPING

SIMPLE WAYS TO SUPPORT YOUR BODY THROUGH LABOR



Movement

- Walking
- Swaying
- Birth ball
- Changing positions

BreathWork

- Slow deep breathing
- Rhythmic Breathing
- Low vocal sounds (open jaw)

Touch

- Counter pressure
- Sacral bone pressure
- Massage
- Deep Pressure Therapy

Hydrotherapy

- Shower
- Bathtub
- birthing pool
- Warm compress while pushing

Calm Environment

- Dim Lighting
- Music
- Essential oils
- Minimal interruptions

Mindset & Focus

- Affirmations
- Visualization
- Grounding techniques
- Prayer (If applicable)

Your body already knows what to do.

*“When I am afraid, I put my trust in you.” –
Psalm 56:3*

PARTNER SUPPORT

You don't need to have all the answers. Your presence alone is powerful. Labor can feel intense and unpredictable, but your support can make a meaningful difference in how your partner experiences it. Simple encouragement, calm presence, and physical support go a long way. You are not expected to do this perfectly, just being there matters more than anything.

Stay Grounded

- Stay calm and reassuring
- Make eye contact
- Offer encouragement

Hands On Help

- Apply counter pressure
- Help her change positions
- Offer touch or massage
- Support her body while standing

Protect the Environment

- Dim lights
- Play music
- Limit distractions

Be her Voice

- Help communicate her preferences
- Ask questions if needed
- Support her decisions
- Advocate for her

Speak Life

- “You’re doing amazing”
- “I’m right here”
- “You’re safe”
- “I’m so proud of you”
- “I love you”

It's okay to not know what to do. Follow her lead, stay close, and offer steady support.

Your presence is more powerful than perfection She will Remember how you made her feel.

“Be strong and courageous. Do not be afraid... for the Lord your God goes with you.”

Deuteronomy 31:6

WHEN TO CALL ME

Knowing when to reach out for support

Call Me Right Away



- Your water breaks
- Contractions are 5 minutes apart, lasting 1 minute, for 1 hour
- You feel like labor is progressing quickly
- You are heading to the hospital or birth center
- You feel overwhelmed and need support

Keep Me Updated



- Contractions are becoming more regular
- You think labor may be starting
- You've had a membrane sweep or induction scheduled
- You're unsure what you're feeling

Not Urgent, But Reach Out



- Questions about early labor
- Need reassurance or guidance
- Changes in plans or appointments

When in doubt... call or text! You are never bothering me. I would rather hear from you than have you wondering alone.

IS THIS IT??

Labor signs



Early Labor

- This phase can last **hours** or even **days**.
- Mild, irregular contractions
- Lower back ache or cramping
- Loss of mucus plug
- “Bloody show”
- Nesting energy or restlessness

This is your time to rest, eat, and stay relaxed

Active Labor

- Things are becoming more intense and consistent.
- Contractions are stronger and closer together
- Harder to talk through contractions
- Increased focus inward
- Needing support or comfort measures

****This is when many moms need more hands-on support.****

Time to GO!

- Contractions 5-1-1 (or your preference)
- Water breaks
- You feel a shift in intensity
- You're ready for additional support

***Every labor looks different. Trust your body and your instincts.**

NOTES:

When you think labor may be starting... refer back to your “When to Call Me” page

Time your contractions! Even if they don't feel Consistent!

*Water Breaking
Can be a gush or a slow trickle
Note color, smell, and time
Contact your provider*

“For this child I have prayed, and the Lord has granted me what I asked of Him.” – 1 Samuel 1:27

HOSPITAL BAG

Simple essentials for a more comfortable experience

Mom



- Comfortable labor gown or robe
- Nursing bra / comfy clothes
- Toiletries (toothbrush, deodorant, etc.)
- Lip balm (trust me)
- Hair ties / clips
- Lotion
- Phone charger (LONG cord)
- Birth plan copies
- Snacks & drinks
- Pillow and blanket



Dad

- Change of clothes
- Toiletries
- Snacks
- Phone charger
- Pillow or blanket

Baby



- Going home outfit
- Swaddle or blanket
- Car seat (installed ahead of time)
- Hat / mittens (optional)

***Hospital will provide
diapers, wipes, and
breast pumps for you to
use during your stay.*

Pack light, but intentionally

“The Lord himself goes before you and will be with you.”

Deuteronomy 31:8

POSTPARTUM

PREPARING FOR REST, RECOVERY, AND SUPPORT AFTER BIRTH

Your recovery matters

YOUR BODY HAS DONE SOMETHING INCREDIBLE.

REST, NOURISHMENT, AND SUPPORT ARE ESSENTIAL DURING THIS TIME.

HEALING IS NOT SOMETHING TO RUSH. IT'S SOMETHING TO HONOR

- WHO WILL HELP YOU AFTER BIRTH?
- MEALS PREPARED OR MEAL TRAIN
- HELP WITH OLDER CHILDREN
- TIME FOR REST AND RECOVERY

- REST AS MUCH AS POSSIBLE
- STAY HYDRATED AND NOURISHED
- LIMIT VISITORS IF NEEDED
- GIVE YOURSELF GRACE

- FEEDING BABY MAY TAKE TIME TO ESTABLISH
- IT'S OKAY TO ASK FOR HELP
- EVERY BABY IS DIFFERENT



You are not meant to do this alone

“Come to me, all who are weary... and I will give you rest.” – Matthew 11:28

Next Steps & Support

This journey is uniquely yours, but you were never meant to walk it alone. Whether you feel calm, excited, unsure, or all of the above, I am here to support you, advocate for you, guide you, and stand beside you through it all.

You are strong. You are capable. And you are deeply supported.

What Happens Next?

- Keep this guide somewhere accessible
- Begin thinking through your birth preferences
- Reach out with any questions or thoughts
- Stay in touch as your due date approaches



I'm honored to be part of your birth story.

Contact me

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"The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you."

Numbers 6:24-26