



On Call Doula Services

FAQ's

1. What is an On-Call Doula Service?

- An on-call doula service is intended for families that didn't hire a full-service doula. By no means is this considered better than a full-service doula, which includes pregnancy support, brief childbirth education, connection, birth plan building, deep understanding of you & your birth wishes, and overwhelming support. This service is for families who can't afford a full-service birth package, had a busy lifestyle throughout pregnancy therefore couldn't plan or prepare for birth support, and for those who didn't initially think they needed or wanted a doula but find themselves in labor and seeking additional physical, emotional, and educational support on the day of labor & birthing. No shame whatsoever on why you're calling now, your hearts & intention is to decrease regret with not hiring birth support and to help as many families as we can feel loved, supported, & seen!
- It's also suitable for stories originally planned for home or a birth center that requires a hospital transfer to complete the birth story.
- Rebecca Rose Doulas - On Call Services operates through an on-call phone at 916-412-3774, shared by 9 elite birth doulas following a monthly on-call schedule. There's one doula per day, and support is provided on a first-called, first-served basis.

2. Is the On-Call Phone a Guaranteed Support Availability?

- No, the availability of the on-call phone is based on the individual doula's schedule for that day. We recommend calling to check if one of the 9 on-call birth doulas is available for active labor and birth support.

3. How much is the On-Call Doula Service?

- The cost is \$950, payable in full at the time of signing the contract, before the doula arrives for in-person support. Payments can be made via Square, Zelle, or PayPal.

4. When do I call?

- We recommend calling in early labor to active labor. For home birth/birth center clients, call at the time of transferring to the hospital and or needing extra support during labor.

5. When does the doula join me in labor?

- The doula can answer questions and make suggestions over the phone. Together, you can decide if the doula should come to you immediately or wait for further developments in labor. The doula can meet you at your home within 45 minutes of the 95677 area code or your planned place of birth. Once called, the doula will make every effort to be there within one (1) hour and will stay with you throughout active labor, birth, and 1 hour postpartum.

6. Signing-on Process?

- After confirming availability, we will send over a contract and a payment request. Payments can be made via Square, Zelle, or PayPal. If possible, we will conduct a Zoom or FaceTime meeting to get to know each other, discuss a rough birth plan, understand the labor progress, and make plans for the doula to join you.

7. Is there a cap on in-person support?

- No, once labor is active 4-6 cm dilated - this doesn't have to be known if you don't know and or declined cervical exams that's okay and with strong, consistent contractions lasting over an hour in that pattern, the doula will join you and provide support until 1 hour postpartum.

8. Will I feel safe and loved by the RRDS doula?

- Absolutely! Our doulas are incredible and provide the best energy, love, and guidance through physical and emotional support. Their skills and understanding of the hormones at play during labor ensure that you will feel a strong connection, much like close friends, in your birthing space.

9. Why are we offering this?

- Hi, this is Becca! Every week I have intake calls for people wanting to hire a doula and most choose our full services package which we highly recommend if possible through us or another amazing local doula services BUT half of my calls are 2nd time parents and we debrief birth story #1 and they share the regret and the honest and frequent words a i hear "I didn't know it would be like that" "I greatly underestimated how hard that would be". I hear this week after week and why that person didn't hire support is typically 1. I couldn't afford it! 2. They

didn't think they were a "doula person" then it was too late" So this is my part! My purpose and goal in life is to lessen birth trauma, help women feel loved, seen, and deeply cared for if I know you for 10 mins or 10 years. & disclaimer hiring a birth doula or in this case an on call doula services does not guarantee NO birth trauma. I wish, but we are not God, the Universe, or anything of power, but we can promise that IF your birth story isn't what you originally wanted for you and your baby we hope though with our support you will feel held through that change of story.

10. Do we recommend this over our full service package?

- No, we still and will always recommend a full service doula because everything leading up to the day of birth happens during pregnancy. Your mindset, your preparation, your body, your baby, and so much more. The relationship we get to build in our full services birth package is so wide and so great. So YES have support if this is your option it's a good one, but it would be unethical of me to say is this better than our full service package or other doulas in the community. .

11. Where do we serve and support?

- All home births within 45 minutes of the Rocklin - 95677 area code, California Birth Center, The Birth Center, Midtown Nurse Midwives, Sutter Roseville, Kaiser Roseville, Mercy San Jaun, Mercy Folsom, Mercy Sacramento, Sutter Sacramento, Sutter Davis, Kaiser South Sac. If you do not see your birthing location or hospital listed here don't hesitate to ask if we can still service you.

12. How will my on-call doula support me once she arrives?

- Great question! It all depends on the unique story we're stepping into. We excel at reading the room, understanding what needs to be done, supported, changed, noticed, or said. Upon arrival, we will assess and be brought up to date with the birth story so far, making gentle and swift introductions. Sometimes this means maintaining a holding pace from a distance, supporting your support person, or jumping in right away and providing physical support tailored to the current moment. This could involve techniques such as applying pressure during labor, guiding movements to help the baby navigate into a more optimal position, or relieving back pain. We'll assist in finding coping mechanisms, whether it's counting, tapping, squeezing a comb, moving into a shower, or discussing pain management options like gas, IV pain meds, or an epidural. Additionally, we may engage in problem-solving, equipping your support

person and yourself with the B.R.A.I.N acronym to advocate for and support you effectively as the care team discusses next steps and thoughts about your birth story.

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