

# TEAMBIRTH FOR DOULAS

## WHAT IS TEAMBIRTH?

TeamBirth is a care model designed to shift the power dynamics in a hospital setting. It ensures that all members of the care team — birth givers and their families, doulas, nurses, and providers — feel empowered to **share their perspectives** and to **reach decisions together**.

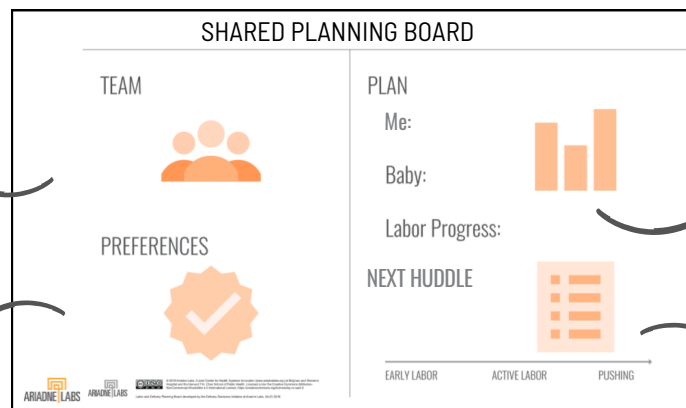
The full care team meets in regular **huddles** around the client throughout birth and postpartum care to discuss **preferences and experiences** and to **set clear expectations** for what will come next, with the use of a shared planning board (below).

**Initial huddle occurs:**  
At or around admission

**Ongoing huddles occur:**  
At key decision points  
Changes in the plan of care  
At request of any team member

PROMOTE **CONTRIBUTIONS**  
AND PSYCHOLOGICAL  
SAFETY OF **ALL TEAM**  
**MEMBERS**

ELICIT BIRTHING  
PERSON'S **PREFERENCES**  
AND CONCERNS



CLEARLY **DISTINGUISH**  
**CARE PLANS** FOR THE  
PERSON GIVING BIRTH,  
THE BABY, AND LABOR  
PROGRESS\*

*\*Labor progress refers to the laboring uterus and cervix. Plans for progress should also be discussed in postpartum and newborn huddles.*

SET CLEAR EXPECTATIONS  
OF **WHAT'S NEXT** FOR THE  
FULL TEAM

## WHAT CAN I EXPECT?

The doula is considered a member of the team, invited into the labor and birthing process by the birthing parent(s). Doulas are encouraged to participate in huddles, contributing their unique perspective and expertise. The doula can also request a huddle, and should advocate to participate, if necessary. During huddles, the team will use the planning board for supporting **shared decision-making**.

## HOW CAN I PARTICIPATE?

### Offer..

- ✓ Grab the whiteboard marker and write on the board!
- ✓ Help identify what's most important during the huddle!

### Ask...

- “Is this a TeamBirth site?”
- “When is a good time for a TeamBirth huddle?”
- “Is it helpful if I update the board as we huddle?”

### Suggest...

“It sounds like labor progress is being evaluated. I’m requesting a **TeamBirth huddle** so we can discuss options together.”



## OTHER CONSIDERATIONS

### Promote Collaboration

TeamBirth aims to minimize separate conversations about plans, options, and concerns. Doulas are encouraged to share during the huddle, or request a huddle as needed.

### Birth Plans

TeamBirth is designed to encourage the care team to acknowledge and address your client’s preferences. During huddles, the team discusses preferences and concerns about the current plan of care - *whether or not a birth plan was prepared.*

### Remote Participation

Doulas can participate in huddles via speakerphone when not physically present (e.g., during a labor evaluation in triage, or during a postpartum huddle when no longer continually present. In-person huddles are ideal; this is next best option!

## HOW DO I KNOW IT’S WORKING?

A doula providing support at a TeamBirth birthing facility should be:

- **Invited** to add their name to the team section of the shared-planning board.
- **Included** in huddles as a part of the team.
- **Empowered** to request huddles when they feel it is needed; any team member can request a huddle.
- **Encouraged** to contribute notes on the board, reflecting huddle conversation.

TEAMBIRTH SITE  
CONTACT  
INFORMATION

Provided by the hospital  
facility once they have  
implemented TeamBirth

LEARN  
MORE

