

Using the TeamBirth Training Package for Doulas

Purpose: This worksheet aims to support dissemination and use of the [TeamBirth Training Package for Doulas](#), which provides an overview of the TeamBirth model, describes how doulas can participate, and offers practical tools to support clients, collaborate with clinical teams, and navigate common challenges.

Who Should Use

- Doula programs seeking to train their doulas in TeamBirth prior to implementation
- Independent doulas interested in the TeamBirth model to support their clients

How to Use

For doula programs

- Lead a live TeamBirth training for doulas using this slide deck or share the training package with doulas for self-guided learning
- Integrate the TeamBirth model into existing doula orientation, onboarding, or continuing education sessions
- Use case scenarios or role-play exercises to help doulas practice participating in TeamBirth huddles and shared decision-making conversations

For independent doulas

- Review the full Training Package on your own
- Download and use individual doula resources with clients during prenatal visits, labor support, and postpartum support

Ongoing Use & Success Indicators

- Doulas use TeamBirth tools consistently with clients
- Doulas are recognized and included as part of the care team
- Doula programs have a process for distributing TeamBirth training resources
- Communication among doulas, clinicians, and patients is collaborative and centered on the birthing person