



Birth Evaluation Reflection

This activity serves as an opportunity to reflect on the role you played during your client's pregnancy, birth, and early postpartum journey. Please complete each question to the best of your ability. Make your responses as descriptive and thorough as possible.

The goal of this assignment is to understand and reflect on your role as a birth professional and to grow from your experiences.

When you have completed the assignment, please save and submit for review alongside the Birth Evaluation Information form.

***Reminder**

Please ensure that your client has given you permission to share their information with us. If you are working in a situation where the information cannot be shared, please provide us with the name of a contact we can reach out to in order to confirm the experience.

Your Name:

Client's Name:

Client's Contact Information: (Please indicate preferred method)

What is the Client's primary language:

Were you the primary Doula or Shadowing?

What do you think your client expected your role to be throughout your time together?

What expectations did you have of yourself? Did they align with your client's?

Outline the experience you had from the initial contact to the final postpartum visit:

In reflecting, is there anything you would have done differently? If so, why?

Did you face any challenges during this experience that you felt you were not prepared for?

From this birth experience, what did you learn as a doula?

Additional questions/comments: