Validity of the Doula Bag

LRC is all about reflecting, respecting, and connecting through conversations. It’s New Beginnings hope that through these conversations we can grow as a community of doulas and bring that growth to our local communities as well.

*Introductions*

Ask each party to take a minute to state their name and where they are from and what is one thing you are looking forward to before the end of summer.

*Conversation Agreements*

* **Be curious and listen to understand.** Conversation is as much about listening as it is about talking. You might enjoy exploring how others’ experiences have shaped their values and perspectives.
* **Show respect and suspend judgment.** People tend to judge one another. Setting judgement aside opens you up to learning from others and makes them feel respected and appreciated. Try to truly listen, without interruption or crosstalk.
* **Note any common ground as well as any differences.** Look for areas of agreement or shared values that may arise and take an interest in the differing beliefs and opinions of others.
* **Be authentic and welcome that from others.** Share what’s important to you. Speak from your experience. Be considerate of others who are doing the same.
* **Be purposeful and to the point.** Do your best to keep your comments concise and relevant to the question you are answering. Be conscious of sharing airtime with other participants.
* **Own and guide the conversation.** Take responsibility for the quality of your participation and the conversation as a whole. Be proactive in getting yourself and others back on track if needed. Use an agreed upon signal like the “time out” sign if you feel the agreements are not being honored.

*Round one*

What are you hoping to gain from this conversation?

*Round Two*

* What is the most efficient item in your doula bag/toolkit?
* Do you feel that doula bags are a necessity? Why or why not?
* Has the emphasis of packing a doula bag been a hindrance to you and your work in any way possible?
* If you were to suggest one item for a new doula to keep in their bag/toolkit what would it be and why?

*Round Three*

What is the most meaningful take away for you, from this conversation?

Will this change how you might prepare things in the future?

How do you feel about the emphasis of a doula bag after this conversation?

Resources:

<https://www.fortworthdoula.net/blog/modern-doulas-dont-use-doula-bagsand-heres-why>

<https://www.savoritstudios.com/whats-in-my-birth-doula-bag/>

<https://www.carolinabirthandwellness.com/blog/what-to-pack-in-a-doula-bag>

<https://sophiemessager.com/whats-in-your-doula-bag-does-it-matter/>