

8 EASY WAYS TO AFFORD YOUR DOULA



*Graceful Birthing
of Virginia*

Selecting and hiring a doula is a very personal and instinctual decision that can take quite a bit of time, or it can take a matter of minutes once you come into contact with that doula you connect with. It is important to choose someone who you feel comfortable and at ease with. The right doula can help you in making your birth a positive and empowering experience. The experience you have during birth can have a profound effect on the rest of your life, so it is important to do what you can to ensure that you feel supported and encouraged.

After you have found the doula that seems like a great fit for you and your family, you may be trying to think of ways to scrimp and scrounge for the moolah to pay for your doula.

- 1. PAYMENT PLANS** are offered by the majority of doulas. Breaking up the amount into smaller payments to be made over the course of your pregnancy may be a more feasible option.
- 2. BABY SHOWERS** (or sprinkles if this is your second or third+ child) are a great place to get a lot of things that you need and even more things that you don't need. Oftentimes, the person coordinating the shower asks attendees to consider pooling their funds to purchase a more expensive item that is being requested on your wish list. You will be surprised how much you can raise this way to pay for your doula. You can also add labor support to your gift registry!
- 3. USE YOUR TAX RETURN MONEY.** Rather than using your tax return to buy something material that you probably don't even need, put it towards your birth experience for a purchase you are unlikely to get buyer's remorse for. I have never heard a mama say she regretted hiring a doula, but have heard regrets about not hiring one.
- 4. DO SOME SPRING CLEANING!** While you are going through old things to make room for baby, make a pile of things you can sell in your next garage sale, online, or to local second-hand shops. Bit by bit, you will be decluttering your home, nesting, and making some extra cash to pay for your doula.
5. See if your **FLEXIBLE SPENDING ACCOUNT** (FSA) through your insurance reimburses doula services.
- 6. CONSIDER BARTERING** for a portion of your doula services. Some doulas are willing to work something out where you pay for a portion of the fee and then the remainder (dollar to dollar) be done as barter for products, professional skills, or services that you provide. Some ideas of things you can barter may be website design, childcare, massage, a personal training, graphic design, haircuts, organic food from your farm, etc. You may be surprised at some of the things I have bartered yoga classes for. When proposing this idea to your doula, be specific on what is being traded and the dollar amount what you are offering is worth. If your doula is unable to do a barter deal, try looking at the other services you regularly spend money on and see if you can barter with them. Whatever you save this way can be put towards your doula.
- 7. CUT OUT ON A FEW EXTRAS** for a while. I guarantee that after the birth of your baby, you won't be thinking about how you missed out on your expensive specialty drink or eating out for a few months. Can you cut back on your cable package? You can even check with your cell phone provider to see if your current package is still a good option for you. Back in a previous life, I worked for a cell phone carrier and I would constantly find that customers of mine had packages that were way too big for them (more minutes than they were using, extra features they didn't even know they had, etc).
- 8. MAKE A GoFundMe ACCOUNT** or something similar. This is a website where you can set a goal amount you are trying to raise and share it with friends and family members to help you come up with the money.

By utilizing one or more of these ideas, you should be able to completely cover the expense of your doula. Check with your doula; she may have a couple of other ideas for you as well.

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