

BIRTH DOULA GUIDE

FOR PREGNANT MOTHERS



CREATED BY XERCES LEWIS



XERCES LEWIS

Sacred Birth Doula + Mentor



As a doula, my work is rooted in emotional and spiritual preparation. I believe that how you feel—safe, supported, and connected—shapes how you birth.

This guide is an offering from my heart to yours, created with the intention to walk beside you as you prepare for a powerful, aligned birth experience.

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ABOUT THIS GUIDE

WELCOME

This guide is more than information—it's a companion for your journey. Inside, you'll find the wisdom, tools, and guidance to help you feel steady, informed, and deeply connected as you prepare for birth.

You'll explore physical changes, emotional waves, sacred preparation rituals, and practical support tools—so you can meet birth feeling empowered, not overwhelmed.

Whether you're birthing for the first time or walking this path again, this guide is here to remind you:

Your body is wise. Your intuition is real. And birth is a sacred passage.

DIVINE MOTHERHOOD

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Pregnancy

Section 2 – Physical Symptoms & What They Indicate

Section 3 – Monthly Foods & Their Benefits

Section 4 – Choosing the Right Provider

Section 5 – Questions to Ask at Prenatal Visits

Section 6 – Advocacy & What You Can Decline

Section 7 – Birthing Positions & Trimester-Focused
Exercises

Section 8 – Preparing for Your Birthing Time

Section 9 – The Role of Your Partner & Support
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Section 11 – Breastfeeding Support Basics

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Provider

HOW TO USE THE BIRTH DOULA GUIDE

This guide is here to walk with you—not to overwhelm, but to support. You don't need to read it all at once. Instead, let each section meet you where you are in your journey.

Here's how to use it intentionally:

1. Start with Awareness

Begin with Section 1 to understand the emotional and physical layers of pregnancy. This will help you feel more attuned to your body and what it's asking for.

2. Tune Into the Body

As symptoms arise, use Section 2 to explore their meaning and receive support.

3. Nourish with Intention

Use Section 3 as a monthly guide for supportive foods and practices to nourish your body throughout pregnancy and postpartum.

4. Build Your Team with Clarity

Sections 4–6 help you choose the right provider, ask the right questions, and understand your rights and boundaries. These are key for advocacy and informed decision-making

HOW TO USE THE BIRTH DOULA GUIDE

5. Prepare Practically & Somatically

Sections 7–9 are for the later stages of pregnancy. They offer guidance on birthing positions, timing, and preparing your partner or support system to show up fully for you.

6. Educate & Empower for Birth Itself

Section 10 covers common interventions so you can understand your options and make aligned choices in real time.

7. Prepare for Breastfeeding with Confidence

Sections 11–13 walk you through everything from basic support to nourishing yourself while feeding your baby. These are best reviewed in late pregnancy or early postpartum.

8. Ground Into the Fourth Trimester

Section 14 helps you prepare emotionally, practically, and spiritually for postpartum. Don't skip this—it's as sacred as birth itself.

9. Communicate Clearly

Section 15 offers scripts and prompts to help you navigate conversations with your provider and stay centered in your values and desires.

Let this guide be your anchor.

Come back to it when you feel overwhelmed, unsure, or curious. Let it remind you that birth is not a performance—it is a passage. And you are allowed to feel powerful, tender, and supported all at once.

CLICK HERE

NEED MORE INSIGHT & SUPPORT?

THE BIRTH SANCTUARY



The Birth Sanctuary is your next step—a sacred, nourishing space with monthly teachings, loving guidance, and a community of women walking this path with you.

SECTION 1

The physical and emotional
journey of pregnancy

[Click here to download the pdf](#)

YOUR THOUGHTS:

REFLECTION FOR SECTION 1

Please use this space to write questions you have or anything
that comes up to remember along your journey

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SECTION 2

The physical symptoms and what
they indicate

[Click here to download the pdf](#)

YOUR THOUGHTS:

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SECTION 3

The right foods to eat monthly and
their benefits

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YOUR THOUGHTS:

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SECTION 4

Choosing the right provider

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SECTION 5

Questions to ask at prenatal visits

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YOUR THOUGHTS:

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SECTION 6

Questions to ask at prenatal visits

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SECTION 7

Birthing Positions and Trimester-Focused Exercises for Your Body

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SECTION 8

How to Prepare for Your Birthing Time and When to Prepare

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SECTION 9

The role of your birth partner and support system

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SECTION 10

Interventions—When They’re Useful & When to Decline

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SECTION 11

Breastfeeding Support

[Click here to download the pdf](#)

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SECTION 12

Breastfeeding Support Plan

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SECTION 13

Nourishing the Breastfeeding Mother

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SECTION 14

Post Partum Plan

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SECTION 15

Pregnancy Conversations with Provider

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DIVINE MOTHERHOOD BIRTH PHILOSOPHY

BIRTH IS SACRED

I see birth as a spiritual rite of passage—not a medical event. It's a moment of becoming, and you deserve to feel honored, supported, and sovereign as you cross that threshold.

YOUR BODY KNOWS

I trust the wisdom of your body. My role is to help you reconnect with that truth, so you can move through birth with confidence, safety, and trust in your own design.

SUPPORT IS MORE THAN PHYSICAL

Emotional and spiritual care are essential. I hold space for all of you—your fears, your power, your transformation—because how you feel during birth matters just as much as what happens.



HELLO!

My name is Rosa and this is my brand. I am a stylist and an interior designer. I like the idea of having the power of sharing creations with others and building a tribe of happy customers.

Rosa Maria Aguado

reallygreatsite.com
hello@reallygreatsite.com

www.reallygreatsite.com



THE PROCESS

SUPPORT THAT HONORS YOUR MIND, BODY, AND SPIRIT—
EVERY STEP OF THE WAY.

STEP

1

STEP 1: CONNECT

We begin with a heartfelt connection call. This is a space for you to share your birth vision, ask questions, and feel into whether this support feels right. I listen

STEP deeply, with no pressure—just presence.

2

Once we begin working together, we move through personalized sessions focused on emotional support, body wisdom, partner guidance, and sacred birth preparation. Everything is tailored to your unique needs and desires—not a one-size-fits-all plan.

STEP 2: PREPARE

STEP

3

STEP 3: I SUPPORT YOU

When birth begins, I'm with you—either in person or virtually—to hold space, offer steady guidance, and support you (and your partner) through each wave. I remain by your side into postpartum, offering care, reflection, and integration.

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MONTHLY PLANNER

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I APPRECIATE YOU

Thank you for inviting me into one of the most sacred seasons of your life. It is an honor I do not take lightly—to witness your strength, your softness, your questions, your knowing.

To hold space as you journey through pregnancy, birth, and becoming.

You are not just preparing for a moment—you are preparing to meet yourself in a new form. And that alone is holy.

Whether our time together is long or brief, know this: you are seen. You are deeply supported. And you are never alone on this path.

This guide was created to remind you of what's already within you. You are wise. You are capable. You are designed for this.

I appreciate you—for your trust, your vulnerability, and the beauty of your unfolding. May you move forward with grounded confidence, open-hearted faith, and the unwavering truth that your birth matters.

Xerces Lewis
Sacred Birth Doula & Mentor

NEED MORE INSIGHT & SUPPORT?



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