

THE BOUNDARIES BLUEPRINT FOR DOULAS



Quick Wins to Protect Your Time, Your Peace, and Your Purpose “Let your ‘Yes’ be yes, and your ‘No,’ no.” — Matthew 5:37

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This is for doulas who are ready to look professional from day one and PROTECT their time and PEACE, guard against burn out and actually begin a sustainable, enjoyable ministry or career in birth work! Take the next step, accelerate your skills with the The BBS Birth Doula or CBE Program! Apply by emailing brittany@biblicalbirthschool.com

Here are your Boundaries Blueprint for Doulas 📌

1. Create a Clear Availability Statement

Define when and how clients can reach you (e.g., office hours, preferred communication methods). Doulas can have different availability hours for different clients. For example, when you're on call for clients 37 weeks+, you should be available 24/7. For clients before 37 weeks your working hours can be narrowed down.

Quick Win: Include this statement in your welcome packet, email signature, and website.

2. Define Your On-Call Window—In Writing

Specify the exact dates and times you're on-call (e.g., from 37 to 42 weeks+ gestation).

Quick Win: Clearly state this in your contract and discuss it during initial consultations.

3. Implement a Pre-Consultation Filter

Use an intake form or questionnaire to screen potential clients before scheduling calls.

Quick Win: Set up an automated scheduler with embedded forms using tools like Calendly.

4. Honor Your Sabbath Rest

So important! Designate a specific day each week for rest, free from work-related activities except answering clients or being on call.

Quick Win: Block this day on your calendar. Don't schedule consultations or classes.

5. Prepare Standard “No” Responses

Develop template responses for common boundary-pushing requests (e.g., discounts, last-minute bookings).

Quick Win: Store these templates in your email or CRM (email platform) for quick access.

6. Charge For Your Time.

Your time is valuable. Asking a fair amount for your services and time deters clients from taking advantage of your time and boundaries. Make sure to collect a deposit before officially booking a client.

Quick Win: Set clear pricing on your website and contract. Make sure clients sign the contract before booking them on your calendar.



CONTRACT CLARITY: 7 Boundary-Building Clauses to Include

Your contract isn't just legal protection—it's a boundary in writing. Set the tone early, and you'll prevent a lot of awkward (and avoidable) conversations later.



1. On-Call Start and End Dates

Clearly state when on-call availability begins (e.g., 38 weeks) and when it ends (e.g., 42 weeks).

→ Tip: Mention any extra fees for extended on-call periods, long labors or postdates.



2. Communication Boundaries

Explain how and when clients can contact you (text vs. call, hours you respond, etc.).

→ Tip: Use language like “non-urgent messages will be responded to within 24 hours.”



3. Scope of Services

List what's included—and what's not (e.g., childcare is not included, childbirth education IS included or added on for an additional fee)

→ Tip: This protects your time and energy, especially when clients assume more is included.



4. Number of Prenatal and Postpartum Visits

Spell out how many visits are included, how long they are, and whether unused visits are refundable.

→ Tip: Add a fee or bulk pricing for additional visits beyond the included number.



5. Backup Doula Details

Include the name (or selection process) of a backup doula, and under what conditions one might be needed.

→ Tip: Reassure them that you're committed—but not superhuman. “Acts of God” or emergencies should be listed in your contract.



6. Refund and Cancellation Policy

Lay out what happens if the client cancels or no longer needs services. Be firm and fair.

→ Tip: Consider a non-refundable retainer and a clear refund cutoff.



7. Doula's Rest and Self-Care Clause

Yes, you can include this! Clarify that rest, self-care, and family obligations are part of your wellness and sustainability.

→ Tip: Add a gentle line like: “As a doula committed to excellent care, I also prioritize rest so I can serve you well.”

Want to Keep Growing as a Faith-Filled Birth Professional?

Looking for support to build a steady, God-honoring doula practice—without burnout or hustle?

That's exactly what we do inside Biblical Birth School- a hybrid of online lessons and monthly mentorship - designed to help you grow a meaningful, sustainable business with clarity, structure, and biblical integrity.


Want to attract clients with confidence—without relying on ads or constant content?

Inside BBS, you'll learn simple, repeatable strategies that help you show up consistently and serve with purpose.

Ready to create an offer that builds trust and serves your community well? Walk with me, I've done it, and I'll show you how.

Already serving but want to feel more focused, equipped, and rooted in your mission?

I'll help you build a system that supports your business and your values, without needing to be "on" all the time.

 If you're ready to take the next step, you can join us in The BBS! [Enroll HERE](#)