Becoming a Doula using TIPQC RHTP Grant- Frequently Asked Questions

This document compiles questions and responses regarding the TIPQC RHTP Funds opportunity for doula training. Please reach out with any questions.

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1. **Will TIPQC give me doula clients with the scholarship?**
    a. No, you will have the opportunity to connect with other doulas and mentors who will support you in finding clients in your communities.
2. **Do I work for TIPQC if I accept the scholarship?**
    a. No, you will not be an employee of TIPQC. By accepting the scholarship, you agree to serve as a doula in a rural community for 2 years.
3. **Can I train and not certify?**
    a. Yes, you can choose to train, certify, or both with this grant as the cost falls within the grant parameters. Remember that certifying is an important step in your doula career and gives you the depth to serve clients well.
4. **Can I train and then have a mentor?**
    a. Yes, possibly. If the cost of your doula raining and mentorship combined are below 1300.
5. **What does it cost to become a doula?**
    a. The cost of a doula training varies and depends on the certifying entity that you chose to use.
6. **What are the steps to become a doula through TIPQC's Rural Doula scholarship program?**
    a. To get started you'll need to need to apply for the TIPQC scholarship. Then you'll choose a doula training organization to train through from the list provided. Next, we'll pay for your training (s), and you'll agree to serve families in your rural community with doula services for 2 years. You'll likely also have access to connect with a mentorship program that will help you with navigating your first 6 months-year as a new doula.
7. **What are the different doulas?**
    a. Doulas are a type of birth-work that is a non-medical person who assists parents navigate through pregnancy, labor/birth and postpartum. There are Labor/Birth Doulas, Postpartum Doulas, Community Doulas, Full-Spectrum Doulas, & more. As a doula we build a relationship with parents through shared trust, provide them with resources and information to help them feel more confident and prepared, we offer reassurance and normalize the process during the journey, we are on-call for them and travel to support them during their labor and births, we assist with feedings, recovery and help parents become strong and secure in their parenting skills.
8. **Can I train as a birth or postpartum doula?**
    a. Yes, you will have access to getting training as a Labor/Birth Doula or a Postpartum Doula or both.
9. **What is the difference between birth and postpartum doulas?**

a. Labor/Birth Doulas are focused on supporting the parents to prepare for baby's birth as well and that early postpartum time. They also provide a lot of resources/education to expectant parents to help them navigate through a healthy pregnancy, understand all of their options for birth and how to get ready to bring baby home. Postpartum Doulas assist with preparing to care for newborn babies once home. They may meet parents in pregnancy but also might start that relationship after baby's arrival.

10. **How many clients do I serve to certify?**
    a. Typically, 2-3 clients are required for certification. Please check with each training organization to clarify the number of certifying births needed for the program.
11. **Can I charge my clients that I serve for my certification?**
    a. Yes, you can choose what rate you need for serving your certifying clients.