



*DoulaCare*

OFFER YOUR  
SERVICES  
THROUGH  
DOULACARE  
IRELAND

LEARN MORE ABOUT  
BEING AN  
INDEPENDENT  
CONTRACTOR WITH  
DOULACARE

*DoulaCare*  
IRELAND

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# About Us

DoulaCare Ireland Ltd. is the brainchild of Jen Crawford & Mary Tighe who joined forces in 2016 to set up the business. Both busy and well-established birth & postpartum doulas, they felt they could offer a one-stop shop for parents while being able to support and mentor doulas.

. They also felt strongly about the need to develop professional standards for doulas who chose to offer their services through DoulaCare Ireland.

DoulaCare Ireland Ltd today has grown and developed since Jen and Mary began as 2 doulas passionate about doula support. They partner with over 40 doulas around the country. These doulas offer their services to clients through DoulaCare as Independent Contractors. DoulaCare has a proud partnership with Irish Life Health to provide postpartum doula support to their policyholders. They now also offer parents antenatal and parenting preparation workshops and have developed the DoulaCare Institute where they provide training courses for experienced doulas and those interested in training to become a birth or postpartum doula.



Jen Crawford , Company Director  
Birth & Postpartum Doula



Mary Tighe, Company Director  
Birth & Postpartum Doula

# Our Team



**Gillian Eliffe,  
Administrator**

We couldn't do what we do without the fantastic support of our team who help us stay organised and ensure the day to day operations of DoulaCare run smoothly.

Gillian is responsible for liaising with our Birth & Postpartum Clients and you may know her as she also does admin for all the trainings and courses we run via our Institute. If we were to list everything she supports us with we would need a few pages! She is based in Kildare and is Mum to 3. She is a huge stationery fan and loves admin work.



**Siobhan Fisher,  
Doula Co-ordinator /  
Irish Life Health Admin**

Siobhan is a former independent contractor with DoulaCare Ireland - who offered birth and postpartum doula support to clients.

She is now responsible for supporting, mentoring and liaising with any doula offering support to clients through DoulaCare. So if you decide to offer your doula services through DoulaCare Ireland, you will be in close contact with her regularly. We would also need lots more space to list all she supports us with! She is based in Kildare and is a Mum to 4. She loves horses, organisation and systems.



# WE NEED YOU

Do you want additional income with competitive pay, the option to choose your own hours and areas you work, access to mentoring support, debrief support and online training opportunities?

Are you passionate about supporting families in Ireland, excited to be a part of a professional organisation, willing to actively promote DoulaCare Ireland and help us all grow and develop, and are committed to ongoing training to build your knowledge & skills?

**COUNT ME IN!!!**

# Offering your Services Through DCI

We welcome interest from anyone who has undertaken birth and postpartum doula training from a recognised organisation.

We prioritise doulas that have trained with us. However, we also offer contracts to independent contractors who have been trained by DONA International, ProDoula, ChildBirth International and other prominent doula organisations. If you are interested in joining our panel of providers and your doula organisation is not listed here; we will need you to send us in a course curriculum. We will then check to see if it meets our standards.

You do not need to have prior experience as a doula to become a part of our community - we will provide support and mentoring to you as you are matched with clients. We are interested in people who are both birth AND postpartum doulas and who are looking to become Certified doulas in the long term.

Please read through this document thoroughly. If you are interested in providing your doula services through DoulaCare Ireland, (either as a sole trader or Limited Company), you can fill in the form on our website and we will then be in touch to let you know if we want to proceed to the next steps of the process.

Working with DoulaCare Ireland you would be offering your services as an Independent Contractor. You would have your own business and submit tax returns to Revenue on a yearly basis.

# Why Support Clients through DoulaCare Ireland?

Many doulas are passionate about working with new parents and their beautiful new babies. However, finding clients can be more of a challenge.

At DoulaCare Ireland, we love marketing and attract clients from all over Ireland that we can offer to you as an Independent Contractor. We do not guarantee work, and you can choose with every contract whether you wish to accept it or not.

So we offer flexibility to organise a schedule that suits you and your circumstances. You can easily work around other clients, other work you have, your family and other commitments. We also sort all the paperwork the clients need - leaving you free to focus on the support.

We are committed to actively promoting our doula services on various social media platforms throughout Ireland as well as via the media and our newsletter.



*This will free you up to  
DO THE WORK YOU  
LOVE TO DO.*

# Why Support Clients through DoulaCare Ireland?

- Access to a well established brand that is trusted by parents in Ireland
- Access to expert knowledge
- The flexibility to choose the contracts that suit you - you can say no to work offered and choose hours that suit.
- A community of over 40 supportive doulas to support you
- Administration Support from our amazing team. They will book in your clients, sort out their paperwork, take payments and provide admin and doula mentoring support to you.
- Avoid awkward conversations with clients about payments - no need to chase up money owed to you or feel stressed about getting paid from clients booked through DoulaCare.
- Access to our Policies and Procedures
- Access to Garda Vetting
- Ongoing training (at a subsidised or reduced cost) - all doulas we partner with can avail of a discounted rate of 20% on any other training we offer to the public or a subsidised rate for in-house training.
- The knowledge you are part of a professional organisation committed to being at the forefront of developing industry standards in Ireland



# What is involved?



We are looking for people who are committed to helping DoulaCare Ireland grow, and who are eager to acknowledge your connection with our company.

- We want people who are happy to shout from the rooftops that you are offering services through DoulaCare Ireland, signposting potential clients our way and letting people know we exist.
- You would be happy to champion us when you meet with people face to face - letting people know your business partners with us and that you are an Independent Contractor with DoulaCare Ireland Ltd.
- If any networking opportunities come your way, you would consider tagging us, mentioning your involvement with DoulaCare or signposting to ourselves (if appropriate).

# Why Offer Services through DoulaCare?

## BENEFITS



- Any client you recommend to the DoulaCare is guaranteed to be your client (if you wish to support them).
- Access to backup doula support
- Access to our paperwork and policies
- Exclusive access to our Facebook group
- Access to ongoing mentoring support both from Siobhaín (our Doula Co-Ordinator) and (if needed) Mary & Jen (owners), as well as our community of over 40 doulas nationwide
- Ongoing CPD training
- 20 % Discount on any training events run by DoulaCare Ireland
- Discounted rates on trainings run by other organisations.
- Garda Vetting
- Name badge and polo shirt available if you would like them (you are not obliged to wear these on your shifts).

# Why Offer Services through DoulaCareIreland?

## BENEFITS



- Nurturing environment - we aim to create a safe and positive space where you feel valued and can learn at your own pace.
- Annual CPD weekend where we provide training and support at a subsidised cost.
- Regular ongoing training and meet-ups
- Possible opportunities to teach workshops to our clients in areas such as Caesarean Birth Preparation, Preparing for Baby (These opportunities will depend on your own skills, knowledge and interest).
- We help your business grow - when clients request other supports we do not provide we will always refer first to contractors that offer their services through DoulaCare.

# Offering your services through DoulaCare Ireland : STEPS

# 1

## **Decide if joining our community is the right path for you**

If you would like to offer your doula services through DoulaCare Ireland we are looking for people who feel they will fit into our model, are happy to work as Independent Contractors and are self employed.

# 2

## **Fill in our online expression of interest form**

You can find this on our website. This lets us know if you have the training and skills to support clients. We will review your form and will be in touch to let you know if we require you to send further paperwork

# 3

## **If requested: Submit required Paperwork**

All paperwork must be submitted in PDF format as one document.

# 4

## **Attend for a Consultation Call**

Once we have looked through your paperwork we will decide whether or not to proceed with a Zoom Consultation Call. On this call we check to see if our 2 businesses are compatible and to ensure the support a possible IC might provide is compatible with the support and ethos of our business. We will ask you some questions and you will also have the opportunity to ask us questions to see if our business is compatible with your business. This helps everyone to decide if our philosophy's align.

# Paperwork Requirements

**PLEASE ONLY SUBMIT IF REQUESTED BY DOULACARE IRELAND.  
PLEASE ENSURE YOU SUBMIT ALL PAPERWORK IN PDF FORMAT**

In order to offer services to clients through DoulaCare Ireland you must be a fully trained birth and/or postpartum doula (or other speciality) and you must be able to obtain insurance for the work you do

- CURRENT COPY OF YOUR CV**  
Including any doula experience you have, or any other relevant training (Breastfeeding training, Baby wearing etc).
  
- 2 REFERENCES**  
If you have birth / postpartum experience we would ask that one reference is from a client you have worked with. Written references will only be accepted but they need to provide a phone number so we can also contact them.
  
- CERTIFICATE OF DOULA TRAINING**  
From your doula training organisation - birth/postpartum (if you have completed both and intend to work with DCI in both fields. If you have only completed one then you send that one on).
  
- CURRENT COPY OF YOUR DOULA INSURANCE**  
Please note: if you are not currently active as a doula you do not need to have insurance. However you would need to provide evidence of insurance prior to supporting clients through DoulaCare

# Paperwork Requirements

- REFLECTION OF YOUR BIRTH EXPERIENCE (S)**  
A description of your Birth experience(s). Some questions to consider are: Did you feel supported during your pregnancy / labour? What was positive about the experience? Was there anything you would change? Where did you have your baby? Did you have a doula? If you do not currently have children please use the experiences of a family member or friend (with their permission)
  
- REFLECTION OF YOUR POSTPARTUM EXPERIENCE (S)**  
A description of your postpartum experience(s). Some questions to consider are: Did you feel supported during your postpartum? What were the early weeks like? How was your experience of feeding your baby? Was there anything you would change about the experiences? Where did you have your baby? Did you have a doula? If you do not currently have children please use the experiences of a family member or friend (with their permission)
  
- CHILDREN FIRST CERTIFICATE**  
It is a requirement that anyone working with children in Ireland have training in Children First

Have you filled in our expression of interest form on our website?

This is the first step in the process to working with DoulaCare Ireland as an Independent Contractor.

# FAQ's

1

How much do I invoice for when supporting clients?

Birth Doulas can expect to invoice us between €770 - €1365 per client supported depending on their level of experience (or the package the client has booked). Postpartum doulas invoice for between €21 - €28 per hour depending on the package the client has booked.

2

I have never worked as a doula before - can I be considered as an applicant?

Absolutely - we would love to hear from you. We will provide you with a community of support as you begin this journey as a doula.

3

I am not currently certified - can I apply to join?

We are looking to offer contracts to doulas who would like to aim towards certifying long term but you do not need to be certified to be considered for contracts with DoulaCare.

# Thank you for reading

We hope you feel excited and are interested  
in offering your services to clients through  
DoulaCare Ireland

**IF YES**

Please fill in the form on our website and  
we will be in touch shortly.

DoulaCare Ireland Ltd. does not discriminate against any person because of gender, marital status, family status, sexual orientation, religion, age, disability, race, or membership of the traveller community. All decisions on who we choose to partner with are made on the basis of performance and ability. We believe that all people should be treated with respect and we value diversity.