

THE ROLE OF A

Doula



What is a doula?

“A professional trained in childbirth who provides emotional, physical, and educational support to a mother who is expecting, is experiencing labor, or has recently given birth. Their purpose is to help women have a safe, memorable, and empowering birthing experience.”

- AMERICAN PREGNANCY ASSOCIATION



Benefits

- ✓ Increase in the rate of vaginal birth
- ✓ Average labor is shorter, with fewer complications
- ✓ Reduced requests for pain medication and/or epidurals
- ✓ Greater self-confidence
- ✓ Less likely to suffer from postpartum depression
- ✓ More positive experience with breastfeeding



What a Doula Does

- **Physical Comfort**
 - Massage
 - Pressure points
 - Breathing Techniques
- **Emotional Support**
 - Comfort, reassurance, encouragement
- **Information**
 - Expertise, experience, explanations
- **Communication**
 - Liaison between family and hospital staff
- **Guidance**
 - Support to your partner when needed
- **Assistance feeding and caring for your baby**
 - Post Partum Doula Work too!

Did you know?

The role of doula as we know it today emerged in the U.S. in the 1960's when women began desiring unmedicated, low-intervention births and began to have friends and others with formal or practical knowledge about childbirth provide them with support during pregnancy. From there various organizations were founded focusing on certification and expansion of the role of the doula.