

What Is a Birth Doula & What Do They Do?

Today, "Doula" refers to a trained and experienced professional who provides continuous physical, emotional and informational support to a mother and her partner before, during, and after birth.

Avoid Google - Ask Your Doula!

A Doula offers **INFORMATIONAL** support by keeping you and your partner informed through each milestone of your pregnancy and postpartum journey. They can also help you find evidence-based information about different options in pregnancy, childbirth, and postpartum. A Doula is an unbiased resource. NEVER a source!

Your Emotions and Fears are VALID!

A Doula is a continuous comforting presence offering reassurance and encouragement, showing a caring and empathetic attitude, and helping you and your partner work through fears and self-doubt about pregnancy and birth. Debriefing after birth is another way a Doula can provide **EMOTIONAL** support.

Whatever You Need - I Got You!

- Massage/counterpressure
- Position changes and suggestions for optimal labour progression
- Create a calming environment
- Water therapy (bath, shower)
- Hydrating and feeding birther
- Hands-on infant feeding support
- Doulas provide **PHYSICAL** support by anticipating and tending to your physical needs during birth.

Is a Doula Like a Midwife?

NOPE! A Doula does not and is not qualified to perform any medical procedures including, cervical checks, blood pressure checks, fetal heart rate monitoring, delivering/catching the baby, etc. **A Doula is NOT and does NOT replace a Health Care Provider such as a Midwife or OB.**



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Doulas Support Dads:



- Prenatal Education about the birthing process
- Helping them work through fears or apprehensions
- Facilitating conversations with the two of you
- Teaching them Pain management techniques
- Ensuring they are fed and hydrated
- Reassurance and Comfort during the birth process
- Education about how to support a mother in the postpartum period.

The Doula Difference:



- **25%** decrease in the risk of Cesarean
- **8%** increase in the likelihood of a spontaneous vaginal birth
- **10%** decrease in the use of any medications for pain relief
- **Shorter labors** by 41 minutes on average
- **38%** decrease in the baby's risk of a low five minute Apgar score
- **31%** decrease in the risk of being dissatisfied with the birth experience

Questions for your Consult:



- Ask about my training.
- Ask about my experience.
- Ask if I am available during your due month.
- Ask about my packages and services.
- Is conversation easy with me?
- Ask about my fees.
- What are your general Instincts about me?

Doulas do NOT replace partners! It's my job to educate, hold space for and physically support partners during the perinatal journey.