

Doula

INFORMATION SHEET



WHAT IS A DOULA?

A doula is a birth professional who educates, assists and supports individuals. They provide emotional, mental and physical support during pregnancy, labor & delivery and postpartum. The advice provided is to support you during your birthing experience.

WHAT DOES DOULA SUPPORT AND SERVICES INCLUDE?

- Share tools/skills that can help when you are experiencing pain and discomfort
- Educate and support your partner
- Assist you with developing a plan for delivery such as "Birth Wishes"
- Encourage you to be an advocate for yourself
- Ask questions
- Serve as an advocate for you when you are unable to
- Provide support and education on newborn care and feeding

BENEFITS OF A DOULA

- Decrease the risk of a C-section
- Increase likeliness of a spontaneous vaginal birth
- Decrease the likeliness of pain medications being needed
- Decrease the likeliness of postpartum depression and anxiety after labor
- Increase the likeliness of you being satisfied with your birthing experience

DOULA PROFESSIONAL CONDUCT AND RESPONSIBILITY

- Introduce themselves to the care team as a doula
- Work collaboratively with your care team
- Respectfully engage with the care team, while advocating on your behalf
- Be respectful and professional with you and the care team

HOW DO YOU FIND THE DOULA FOR YOU?

- Conduct internet research on a doula that aligns with your personal preferences and beliefs
- Set up interviews to meet with a potential Doula to ask questions
- Review the doulas certification

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