



What is a Birth Doula?

Doula coming from the greek word meaning “Woman Who Serves”. A Doula is a woman (or man) trained and experienced in childbirth who provides continuous physical, emotional and informational support to a woman during labor, birth, and the immediate postpartum period. A

Benefits of working with a Doula?

- Shorter labor
- Fewer complications / interventions
 - Cesarean rates reduced
 - Less use of episiotomies
 - Less need for medication to speed labor
 - Less need for forceps / vacuum extractor
 - Fewer requests for pain medications
- Increases confidence in self and in partner / coach
- Increased satisfaction with birth experience
- Continuity in care: prenatal, labor, birth and immediate postpartum
- Lowers anxiety // stress levels
- Less likely to have postpartum depression

Benefits to Coach // Partner

- Allows partner to be involved to their comfort level
- Support and help the partner
- Partner can take breaks
- Increased confidence in self and laboring mother
- Partner views birth experience and baby more positively

Tools a Birth Doula May Use

- Massage/Counter Pressure / Acupressure
- Positioning
- Breathing techniques
- Relaxation Techniques - focal points, imagery, sensory therapy, and more
- Music
- Hot/ Cold therapies
- Birth balls
- Shower / Bath
- Knowledge of options