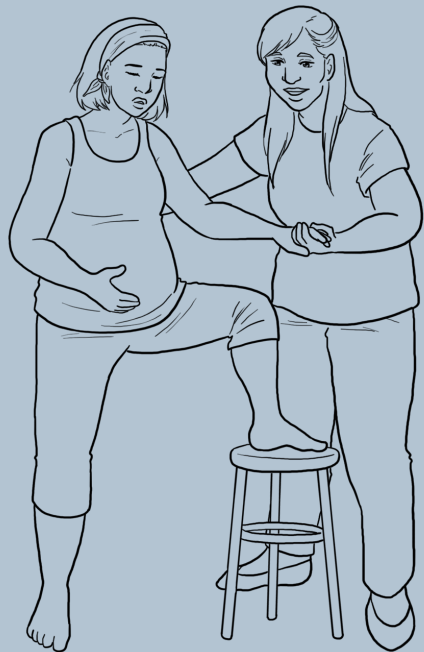


Why Have a Doula



A doula stays with you for the duration of labor, offering continuous emotional, physical, and one-on-one relational support.

Doula support is traditional and proven.

People have always given birth attended by non-medical, supportive women. The medicalization and institutionalization of birth has largely removed this aspect of childbirth over the last 100 years, but now more and more modern families are looking to humanize birth again by using midwifery care and/or finding a doula. Studies show doula care provides better outcomes for both baby and birthgiver.



All doulas will meet with you for free to talk about their philosophy, experience, and services. You should interview more than one and pick the person you both feel most comfortable with--not necessarily the one with most experience or best reviews. Ask area birth educators for their recommendations or try doulamatch.net

Doulas provide...

- encouragement
- listening
- suggestions to ease or speed labor
- narration of events
- reassurance
- positive atmosphere
- a calming presence
- physical comforts
- assistance with getting around
- a sounding board for decisions

Doulas help partners...

- be more involved
- remember things
- use comfort measures
- feel reassured
- understand normal labor
- navigate interventions
- manage physical support
- get a break
- emotionally adjust

With a doula, you're more likely to...

- have a vaginal birth
- have a shorter labor
- avoid cesarean
- avoid forceps or vacuum assisted birth
- give birth without pain medication
- give birth to a baby with a high 5-min APGAR score
- have positive feelings about the childbirth experience

Bohren, et al. 2017: Cochrane Review

Especially if you're a person of color...

Research suggests that individual and institutional racism negatively impact birth. Having a doula allows you to mitigate some of these risks by providing agency, security, knowledge, and connectedness.

*Giscombe, CL & Lobel, M., 2005
Kozhimannil, et al., 2013*