

## Doula Support

- A doula is a professional trained and certified to work with women and families during pregnancy, labor, birth, and postpartum. A doula provides education, physical and emotional support in a non-judgmental manner.
- The support from a doula helps families have an enriched childbirth experience and smooth transition into parenthood.

## Benefits

### Birth Doulas

- Provide information for the couple. This helps prepare you to make informed decisions about the birth.
- Suggest comfort measure options to help you manage pain.
- Provide constant support during labor. Research shows this leads to less:
  - Use of Pitocin
  - Requests for pain medicines
  - Births with forceps/vacuum
  - Cesarean births

### Postpartum Doulas

- Support with newborn care and feeding. This helps increase breastfeeding success.
- Help the family adjust as you welcome your new baby home.
- Assist with care of other children.
- Help you nurture baby and gain greater confidence in care. This support may lessen the chance of postpartum depression and anxiety.

### To find a doula:

**Ask your doctor**

**Ask a friend**

**[www.doulamatch.net](http://www.doulamatch.net)**

Information supported by the following sources:

American College of Obstetrics and Gynecology (ACOG)  
ACOG Committee Opinion Number 766; Feb. 2019  
“Approaches to Limit Intervention During Labor and Birth”

DONA International Position Paper: updated 2016  
The Birth Doula’s Role in Maternity Care  
The Postpartum Doula’s Role in Maternity Care