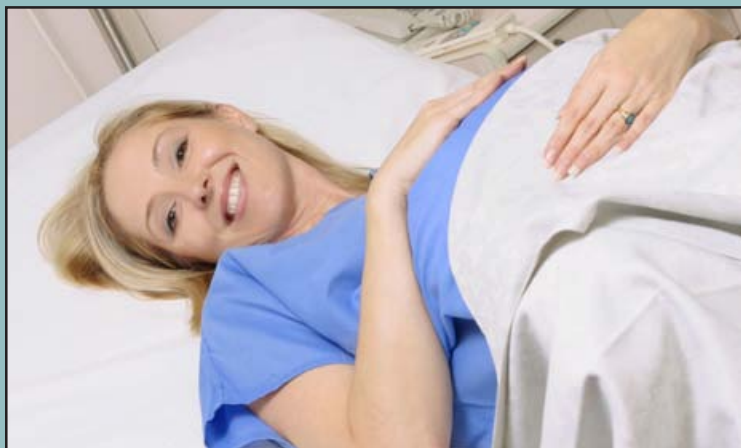


# Agape Doula Service

## Helping Create Extraordinary Birth Experiences

*Providing physical, emotional and informational support to women and their partners during late pregnancy, labor/delivery and immediate postpartum*



### EFFECT ON BIRTHING OUTCOME

- Shorter Labors
- Fewer Complications
- Cesareans are Reduced
- Decreased Need for Oxytocin to Speed Up Labor
- Less Request by Moms for Medications or Epidurals
- Reduced Use of Forceps

### EFFECTS ON BABIES

- Fewer Transfers to Special Care Nurseries
- Shorter Hospital Stays
- Babies Breastfeed Easier
- Mothers Bond Better During Postpartum



### BENEFITS FOR MOTHERS

- Increases Satisfaction with their Birth Experiences
- More Positive Assessments of their Baby
- Less Postpartum Depression

### BENEFITS FOR DADS

- Increases Involvement During Labor
- Increases Understanding of Medical Procedures
- Experiences Less Pressure



**DANIELLE LUGRAND, CD (DONA)**

***Certified Professional Birth Doula***

Serving OKC Metro, Midwest City, Norman and Surrounding Areas in South Oklahoma

**405-701-2739**