

What is a Birth Doula?

I am a specialized labor assistant who provides continuous emotional, physical and informational support to birthing women and their families. Medical studies have proven that women who received this type of support experienced fewer complications, shorter labors, a decreased need for medical interventions and birth healthier babies.



Most common questions from birthing couples regarding Doula care

"My partner has taken childbirth classes, why do I need a Doula?"

Besides the partner, I may be the only person during the labor who is there **solely** for the emotional well being of the mother. Therefore, I know how to ease the transition from your home to the hospital or birthing center, and ensure continuity of care throughout medical shift changes until after the baby is born. I can also help assist in the efforts of coordinating family and friends to work as a team to benefit the couple during the birth process.



Will the Doula "take over" or interfere with our intimate experience?

I understand that the birth of your child is truly a once in a lifetime event for the two of you. As her partner, you know more about her personality, needs, likes and dislikes. However, as a Certified Doula, I probably know more about the process of labor and delivery, hospitals and maternity care. So if you choose to be the major source of physical support to Mom, I can supplement your efforts by making suggestions for comfort measures, running errands, or helping siblings understand the birthing process. However, if you choose to witness the birth of your child and to share this experience with your partner, I can fill in and allow you to participate as you wish, without leaving Mom's needs unmet. When Doulas



and Dads work together, along with your healthcare provider, we can give your partner the best chance of having an amazing birth.



"Will the Doula try to make us have the kind of birth that she wants?"

My intention is to ensure that "your agenda" expressed in your birthing plan is facilitated as long as we will have a desirable outcome for mother and baby. I can remind the staff of items that you deemed important but may have forgotten during the labor when things become intense. I can aid you with decision making by asking questions to assure that complete information (including safe alternatives) is explained and understood, enabling you and your partner to make a more informed decision. I desire to help make your birth experience as rewarding and satisfying as possible by supporting your wishes. Studies have shown that a mom assisted by a doula will have a greater fulfillment with her experience and endure less postpartum depression, if any.

