



## WHAT IS A DOULA?

A doula is a non-medical support person for a birthing person and their family while they are on their pregnancy, birth and/or postpartum journey.

## WHAT DOES A DOULA DO? HOW ARE THEY HELPFUL?



### OFFER EMOTIONAL SUPPORT

Pregnancy and birth bring a shift in hormones, identity, relationships, etc. A birth doula will offer you validation, encouragement and affirmations.



### EDUCATE THE FAMILY

Lactation, optimal fetal positioning and what to expect are common topics on which birth doulas cover to help educate you and your family.



### OFFER PHYSICAL SUPPORT

A birth doula may use massage, counter pressure, or a rebozo to help with physical comfort. A doula will also keep the environment calm. From ice chips to help with movement, the doula is there to assist.



### AMPLIFY THE FAMILY'S VOICE

Prenatally, a doula will help you and your partner discover what your birth wishes are. The day of the birth, a doula will promote advocacy of these wishes.



### PROVIDE RESOURCES

Birth doulas immerse themselves in this field, and therefore have a lot of great connections, along with local resources, with which to refer families.

## THREE BEST WAYS TO FIND A DOULA

1. Ask a friend or your provider for recommendations
2. Google search for your area
3. DoulaMatch.net



Word of mouth is *\*huge\** and says a lot about a doula. Read their reviews to get an idea of what their style and working relationships are like.