

What is a DOULA?

A doula is a non-medical person, trained to give helpful and caring support to pregnant women. They give steady support before, during, and after birth. Doulas help pregnant women in their right to make choices about their own body and baby. This type of support has been shown to have better birth results for both the mom and baby.

What does a DOULA do?

Doulas can provide support during pregnancy, at birth, and during post-partum period.

Doulas also:

- Discuss your preferences and expectations of childbirth
- Prepare you mentally and emotionally for childbirth
- Provide physical support during labor
- Provide emotional support during labor
- Advocate for your birthing preferences
- Help with proper breastfeeding techniques
- Offer informational and emotional support to families and individuals across various circumstances, including abortion, miscarriage and still birth
- Doulas are not medical professionals and cannot give medical advice, but can help advocate for pregnant patients



Source: <https://my.clevelandclinic.org/health/articles/23075-doula>

How to find the right DOULA?

Finding the right doula for you is important. When choosing a doula, you can consider things like their experience, training, as well as your personal preferences and comfort level:

Training and certification

Doulas can have different levels of training and certification, and some may have additional skills like breastfeeding consulting or have experience with specific cultural backgrounds.

Experience

Consider how many births the doula has attended and how long they've been practicing.

Philosophy

Think about the doula's views on birth, medical care, and pregnancy, and whether they align with yours.

Comfort level

Consider how you feel around the doula, and whether they make you feel comfortable and listened to.

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Support

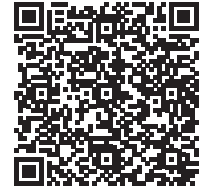
Think about the type of support you want during pregnancy, birth, and postpartum, and whether the doula can provide that. For example, if you're planning a vaginal birth after a C-section, you might want a doula who has experience with VBACs.

Recommendations

Ask friends and family for recommendations, or join online groups focused on your birth goals.

You can find a doula near you by going to [MolinaHealthcare.com](https://www.molinahealthcare.com) and use the "Find a Doctor or Pharmacy" link to enter your zip code. Type "doula" into the search bar, and a list of doulas closest to you will come up.

Discover doulas serving your community by scanning this QR Code.



What are the benefits of having a DOULA?

- A doula can make the pregnant person feel comfortable, by being someone they know and trust who is present during labor.
- A doula can be part of your birth team, along with your partner or other support individuals.
- A doula can help provide physical comfort through techniques such as touch and massage and assistance with breathing.
- A doula can provide emotional reassurance, comfort, and encouragement throughout your pregnancy, during, and after delivery.
- A doula can give you information about what's happening during labor and delivery, including explanations of procedures.
- A doula can help with communication between you and the hospital staff.
- A doula can also provide guidance and support for loved ones.
- A doula may be able to assist with breast-feeding.
- Research has found that pregnant individuals who had continuous support from a doula during labor and birth are more likely to:
 - Use fewer pain medications in labor
 - Have a shorter period of labor
 - Are less likely to need a Cesarean Section
 - Are more likely to have a positive birth experience



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تنبيه: إذا كنت تتحدث الإنجليزية، فإن خدمات المساعدة اللغوية متاحة لك مجاناً. اتصل على الرقم 1-888-898-7969 (للهااتف النصي: 711).