

# WHY WOULD YOU WANT A DOULA AT YOUR BIRTH?

My partner or family member is planning to be at my birth.  
What can my doula do to support me?



## Experience & Knowledge

Your partner or family love and support you, but may not be trained in ways to help with labor comfort. Doulas have attended many births and have many tips and tricks to keep you comfortable and calm.

## Supports The Whole Family

Your doula supports your whole family. They can step in while loved ones rest and teach them ways to comfort you.



## Knowing Your Options

Doulas are familiar with the medications, terms, and options in the hospital. They can help explain your choices and suggest questions you may want to ask your care team.

## Postpartum & Breastfeeding

Your doula supports you before, during, and after birth to help you stay comfortable and start breastfeeding if you choose. While others may focus on the baby, your doula keeps you as their top priority.



## MORE BENEFITS OF DOULA SUPPORT:

- **Better birth outcomes:** Lower chance of C-section, more VBACs, and shorter, more positive birth experiences
- **Healthier babies:** Lower risk of your baby being born too early or small
- **Stronger postpartum support:** Higher breastfeeding rates and better follow-up care
- **Helps reduce disparities:** Especially improves outcomes for young, BIPOC & Medicaid-insured families

**\*\*DOULAS CAN PROVIDE SUPPORT EVEN IF YOU HAVE AN EPIDURAL, INDUCTION OR C-SECTION!\*\***

# DOULA SUPPORT MAY LOOK LIKE...



**Providing hands on support**



**Teaching partners  
comfort skills**



**Giving space for privacy**



**Allowing support people to rest**



**Supporting feeding**



**Working alongside your medical team  
to make sure you feel supported**

## AT MY BIRTH I'D LIKE MY PARTNER'S ROLE TO BE....

- 1.
- 2.
- 3.

## AT MY BIRTH I'D LIKE MY DOULA'S ROLE TO BE....

- 1.
- 2.
- 3.