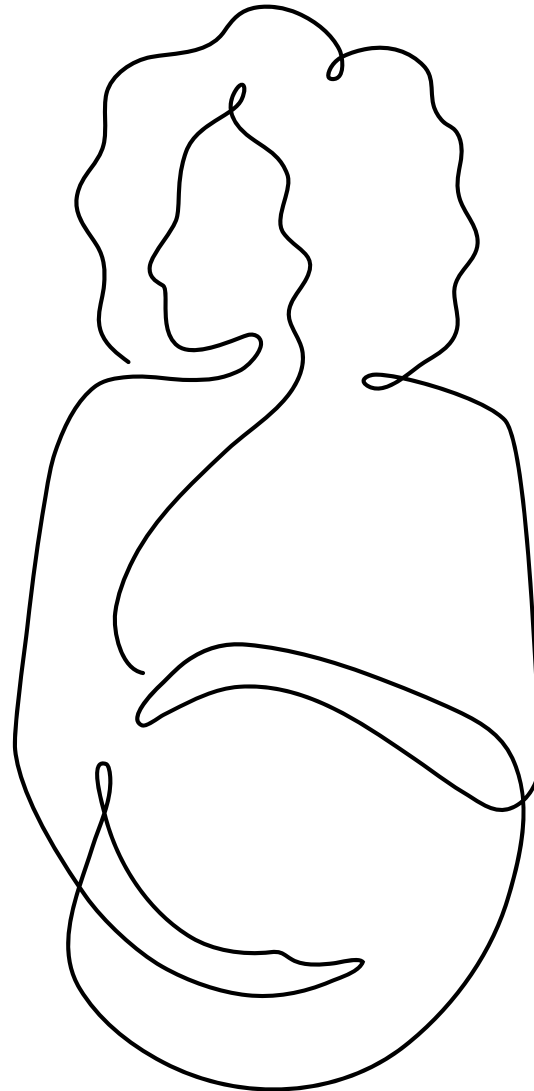


What is a doula?

A doula is trained to guide you through labor with relaxation and breathing exercises, massage, words of encouragement, and other comforting measures. A doula may also work with your support person to encourage involvement and foster a positive experience. A doula does not replace your healthcare provider or other medical staff.

Doulas DO

- ✓ Provide physical, informational, and emotional support
- ✓ Assist before, during, and shortly after birth
- ✓ Advocate for client birth preferences
- ✓ Work with midwives to promote healthy delivery
- ✓ Work with doctors to promote prenatal care



Doulas DON'T

- ✗ Perform any medical procedures
- ✗ Provide medical advice
- ✗ Substitute for midwife or doctor
- ✗ Manage high-risk pregnancies