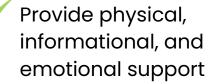
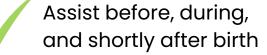
## What is a doula?

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**





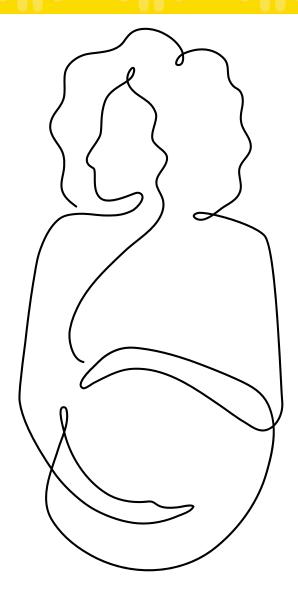
Advocate for client birth preferences

Work with midwives to promote healthy delivery

Work with doctors to promote prenatal care







## **Doulas DON'T**

