

What is a Doula?

A trained professional providing continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to assist her to have the healthiest and most satisfying experience.

What are the different types of Doulas?

Birth Doula: Support during pregnancy, birth and shortly after birth.

Post partum Doula: Provides help in the first days and weeks after bringing home a new baby.

What does a Birth Doula do?

A Birth Doula provides:

- Evidence based information and help with decision making.
- Emotional support with continuous presence, encouragement and reassurance.
- Physical support with breathing and relaxation techniques, positioning and massage.
- Advocacy to ensure your needs are being met.

What are the benefits of having a Doula?

Having a Doula can lead to:

- Shorter labour.
- Reduced need for pain medication.
- Lower rates of caesarean section.
- Increased satisfaction with the birth experience.

- Greater success in breastfeeding.

How does a Doula differ from a midwife?

A doula provides non-medical support and does not perform clinical tasks (like foetal heart monitoring, vaginal exams etc.) A midwife is a healthcare provider who can perform medical tasks and deliver babies.

How do I choose a Doula?

- Ask for recommendations from friends, family or healthcare providers.
- Look for local doula directories.
- Interview potential doulas to ensure they fit your needs and preferences.

When should I hire a Doula?

It is recommended to hire a Doula early in your pregnancy to establish a relationship and ensure availability for your estimated due date.

Many women start looking for a doula in their second trimester.

What is the cost of hiring a Doula?

The cost will vary depending on location, experience and services offered. On average birth doula services can range from \$800-\$2500.

Do Doulas only support natural births?

Doulas support all types of births , including medicated, unmedicated, vaginal and caesarean births, hospital and homebirths.

There is respect for the mothers choices and support is given accordingly.