

DOULAS & PARTNERS

...an awesome team



DOULAS *have...*

Doulas have skills in physical, mental and emotional support along with skills in communication and comfort techniques.



Doulas have both experience with the birthing process and with supporting families going through this process.



Doulas are knowledgeable about the birthing process and how to effectively support families before, during and after birth.



PARTNERS *have...*

Partners have love for the birthing woman and the baby.



Partners have a history with birthing mom and that history can create a deep connection between them.



Partners are knowledgeable about how the birthing mom deals with pain and stress. They are aware of areas where she is challenged and know ways to support.



Doulas support partners

With a doula, the partner can...



And birthing mom is still supported.

Use a Doula and



**CREATE A WINNING
BIRTH TEAM**

Published data indicate that one of the most effective tools to improve labor and delivery outcomes is the continuous presence of support personnel, such as a doula.*

*The American College of Obstetricians and Gynecologists (ACOG) and the Society for Maternal-Fetal Medicine (SMFM) joint statement: Obstetric Care Consensus: Safe Prevention of the Primary Cesarean Delivery