

Empower Birth • Embrace Support

# BECOME A DOULA

- Receive free training to work as a birth, labor, and postpartum doula.
- Learn in-person from qualified doula trainers.
- Provides mentoring and support to build a community of local doulas.

For more information, contact  
**MHHE.Seminole@FLhealth.gov**  
**407-907-6621**





# The Ultimate Guide to



# DOULAS

## What Is a Doula?



Doulas are commonly thought of as **birth coaches** to help women through the difficult childbirth experience and the aftermath.



**Doulas give** emotional, informational, and even physical support to women, but they can also help the entire family with adjusting to their new lives.



Although doulas don't usually have formal obstetric training, **they are often certified** -- some of the classes they take can take up to a year to finish.

## 10 Benefits of Doulas

**28%**

**DECREASE**  
in the risk of  
Cesarean section.

### Shorter Labors

which is something no  
woman would argue with.

### Higher APGAR scores for babies

(heart rate, respiration,  
muscle tone).

**60%**

less likely to ask for an  
epidural during birth.

Fewer births where forceps  
or vacuums are needed to  
assist with deliveries.

A reduced amount  
of anesthesia used  
and how long it is  
used for.

**40%**

less likely to need oxytocin  
to start labor or speed it up.

Women reporting a **more  
positive birthing  
experience.**

**A reduction of  
the use of pain  
medications of any  
kind.**

Women reporting being  
**more relaxed and  
calm** during birth.



## Reasons to Hire a Doula



Labor Can Be Harder  
Than You Think



Your Partner Might  
Need the Help



They Aren't As Expensive  
As You Think



They Can Give You  
Solid Information



You Want To Use  
Fewer Medications



They Can Give You  
Post-Partum Help

## Questions to Ask Your Doula

### Doing Business

- ✓ What is your background and experience?
- ✓ How much do you charge?
- ✓ Will you be available at all times, or do you use a back-up doula?
- ✓ Will you be available for the postpartum period?
- ✓ What ways can I contact you -- through text, calling, or emails?



### Pre-Game Questions

- ✓ Will you see me before birth or will the delivery room be our first get-together?
- ✓ Have you been in any deliveries that have had complications?
- ✓ Are you comfortable with home births in case I go that route?
- ✓ Will you be able to help me with breastfeeding form and issues?
- ✓ Can I call you anytime -- day or night?

### The Big Day

- ✓ Will you be in the delivery room until I'm holding my baby?
- What if my labor lasts 24 hours or longer -- will you stay?
- ✓ Will you work with my partner to address any concerns they have?
- ✓ How do you help clients with their pain management?
- ✓ Will you be comforting or try to take charge of the situation during delivery?

Learn More at

**MomLovesBest.com/Doulas**

Sources:

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