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



What Is a Doula?

DOULAS

The Ultimate Guide to

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.

60%

less likely to ask for an epidural during birth.



(heart rate, respiration, muscle tone).

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

40%

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

Women reporting a more positive birthing experience.

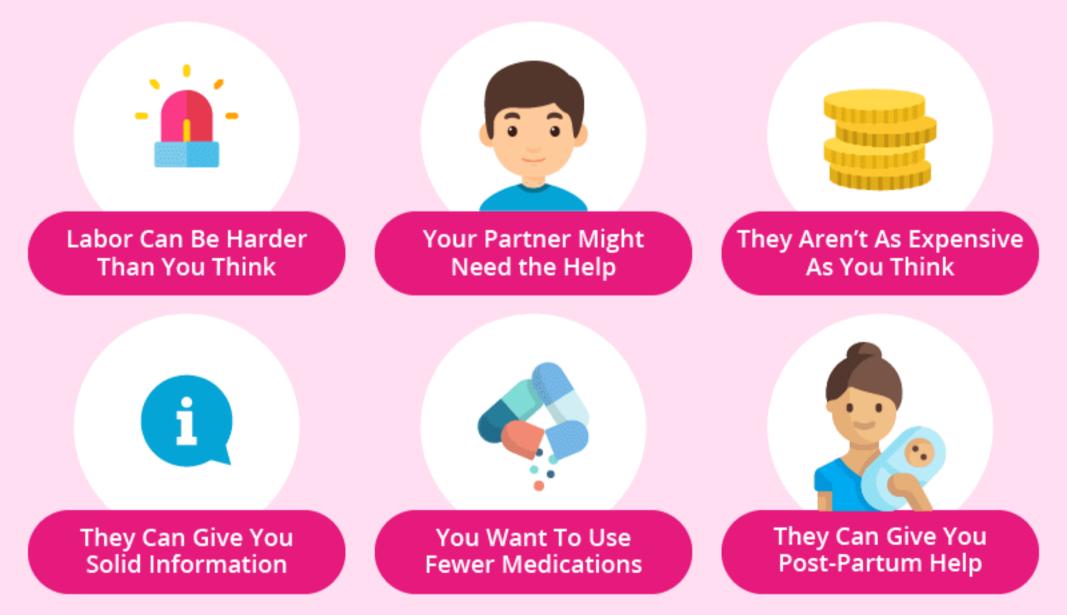


A reduced amount of anesthesia used and how long it is used for.

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

Women reporting being more relaxed and calm during birth.

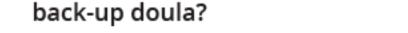
Reasons to Hire a Doula



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



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:

americanpregnancy.org/labor-and-birth/having-a-doula/ whattoexpect.com/pregnancy/hiring-doula babble.com/pregnancy/top-10-reasons-to-get-a-doula/ motherrisingbirth.com/2017/05/reasons-to-hire-a-doula.html sharecare.com/health/fertility-pregnancy-childbirth/slideshow/should-you-hire-a-doula radicaldoula.com/2014/05/06/ten-things-to-consider-when-choosing-a-birth-doula/