

Dutchess County of Doula

**One Breath, One
Vision, One Journey**

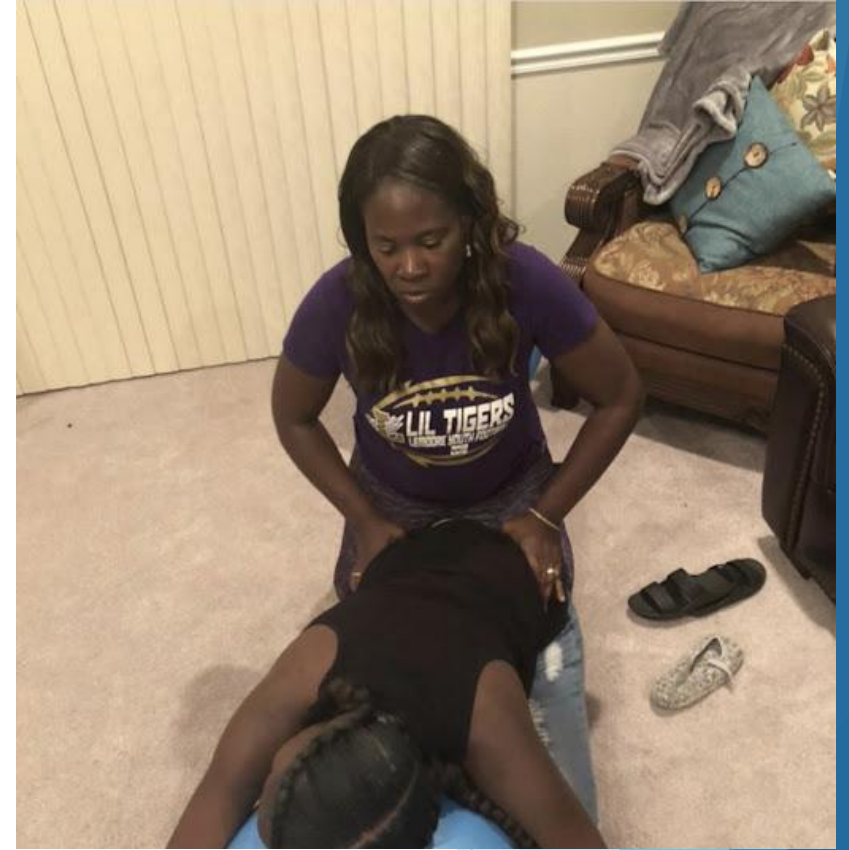
What is a Doula?

A doula is a trained childbirth professional that supports, empowers, and educates mothers and their partners during prenatal, labor, and postpartum aspects of pregnancy and childbirth



WHAT DOES A DOULA DO

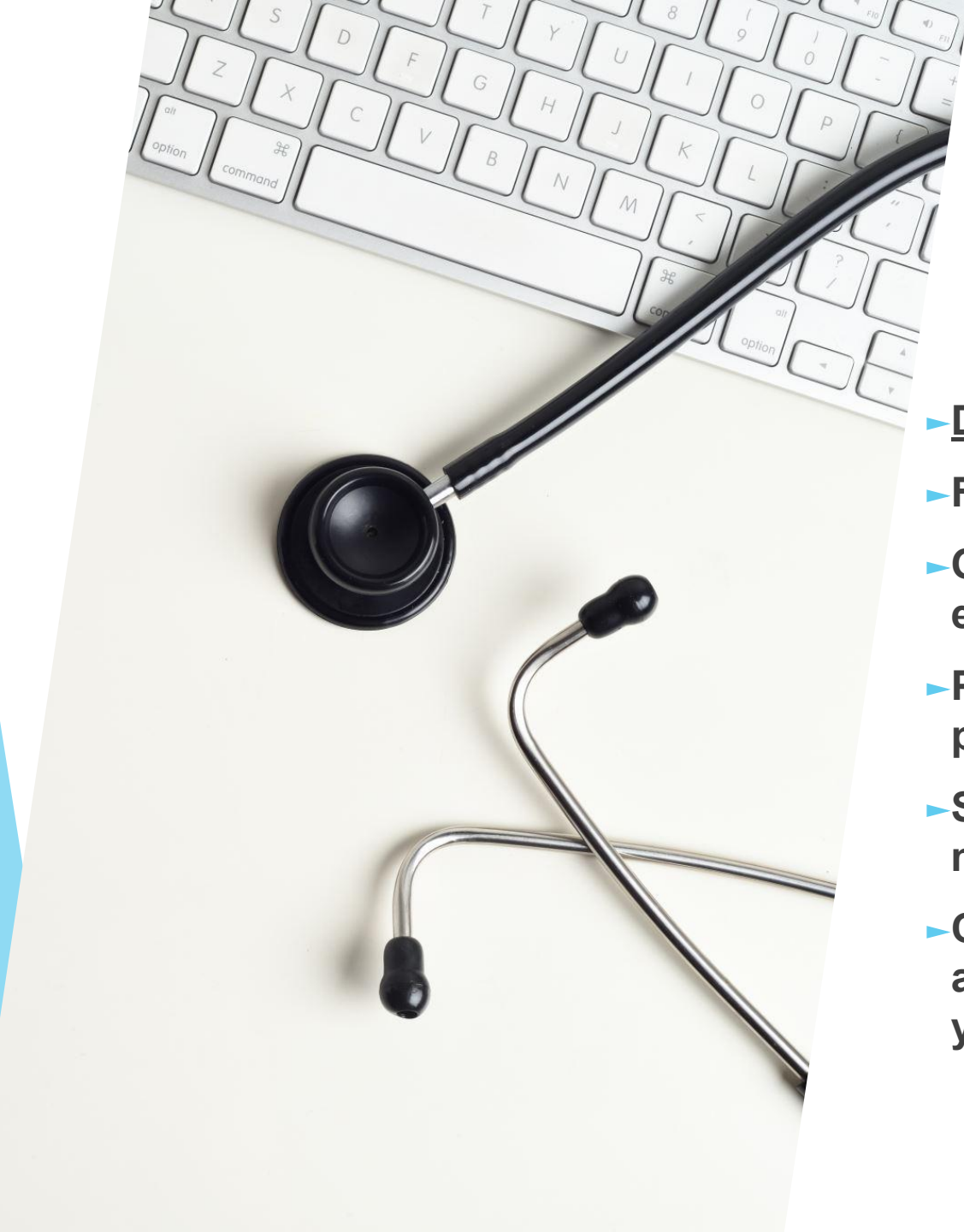
- ▶ Empowers mothers **and** partners to advocate for themselves **during** labor and childbirth by helping facilitate better communication between parents-to-be and care providers in order to allow the mother to focus on a safe and healthy delivery
- ▶ Informs partners/family on the appropriate support options based on mother's preference
- ▶ Supports mothers in an effort to reduce risks, complications, or the need for medication and intervention; having a doula results in fewer medical interventions including the need for c-section by more than 10%, and preterm births by 2%





What does a Doula do?

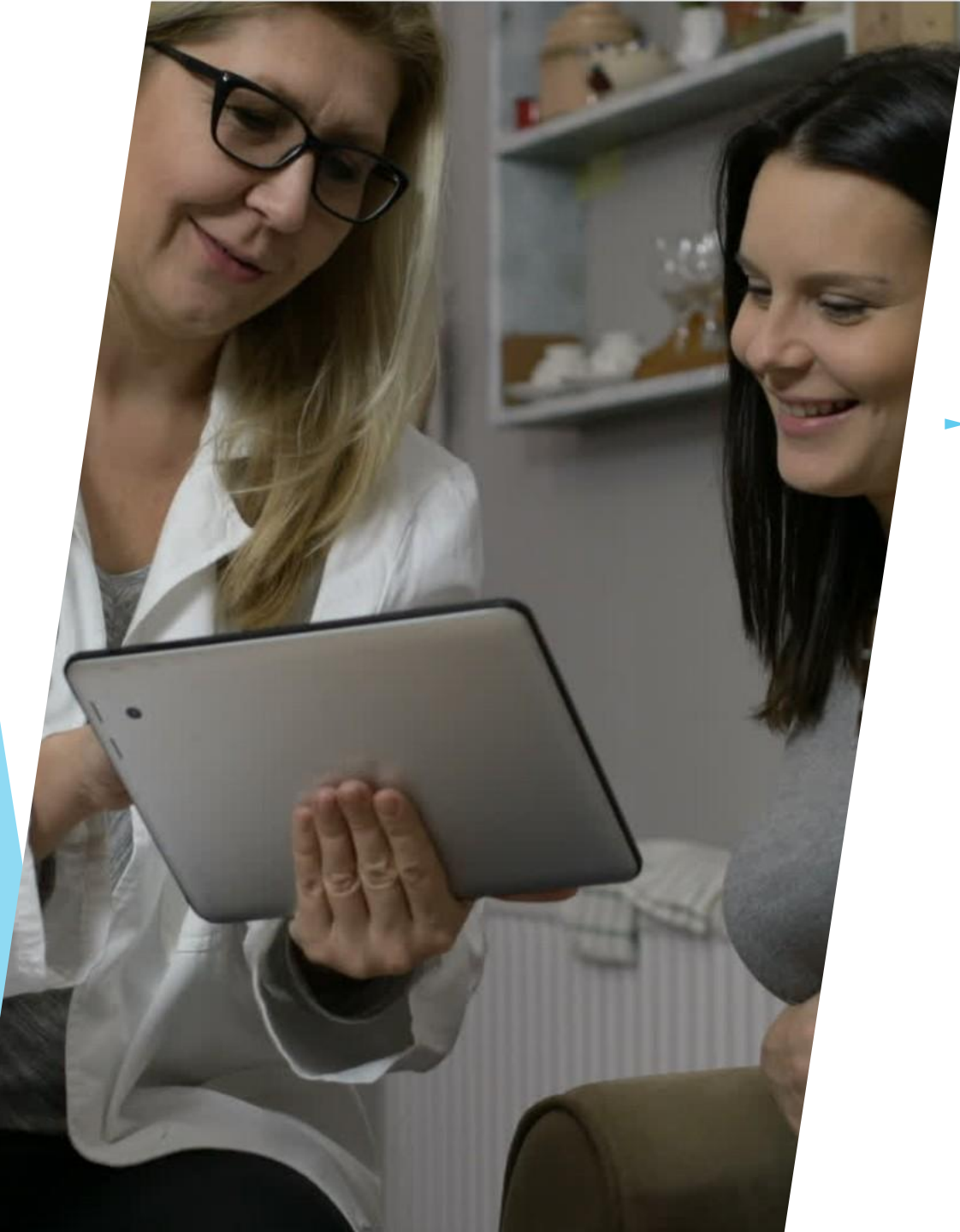
- ▶ **Helps families create birth plans and education as a whole in regard to childbirth**
- ▶ **Participates in labor and delivery by creating a safe space in the birthing room; this may include aromatherapy, flameless candles, soft music, various comfort measures, labor positions, and assisting with pain management**
- ▶ **Acts as an extra care person for emotional support**



What is the difference between a doula and a midwife?

▶ Doula

- ▶ Focuses on needs of the mother
- ▶ Offer mental, physical and emotional support and guidance
- ▶ Provides support wherever birthing process takes place
- ▶ Supports with or without pain medication
- ▶ Can assist wherever, whenever, and however you decide to birth your baby



What is the difference between a Doula and a Midwife

- ▶ Midwives are medically trained and are generally tasked with the same duties as an OBGYN, but they will likely spend more time with the birthing family than the doctor would. They also do home deliveries

Can a doula help after birth?

Doulas also offer postpartum support

- Oftentimes, doulas will spend time with mother after birth in order for mother to have time to heal and rest
- They will often come to check on families, do light housework, assist with baby so mother can shower, sleep, or get chores done, and also bring food



- This time is often limited to an hour or two; the time is minimal in order to allow mother, baby, and partner the time and opportunity to bond and create a family routine
- The educational aspect of childbirth support continues with the doula often

What does Dutchess of Doula offer?

- ▶ Prenatal Sessions
- ▶ Childbirth Education and Classes
- ▶ Labor Support
- ▶ Postpartum Care
- ▶ Breastfeeding/Lactation Consultation
- ▶ Attend doctor appointment
- ▶ Real Mommy Talk
- ▶ Doula Training
- ▶ Teach you how to advocate for yourself
- ▶ Help with birthing plans
- ▶ Provide a lifetime bond





What Does Duchess of Doula offer?



Doula

Empowering your birthing vision
in a nurturing and supportive
environment

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Hanford, Ca 93230
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www.dutchessofdoula.com
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Our Mission & Vision

- ▶ To have impact on the infant mortality rate by decreasing one's ability to have a better survival rate among our women in the United States. Enhancing the ability to advocate for their self during their pregnancy and childbirth. By empowering them to use their tools during Labor & delivery making it an amazing memory that every childbearing woman should experience .
- ▶ Our Vision
- ▶ All moms deserve to have a healthcare that is safe , nonjudgemental, and inspiring birthing experience. One Breath , One Vision , One Journey .