

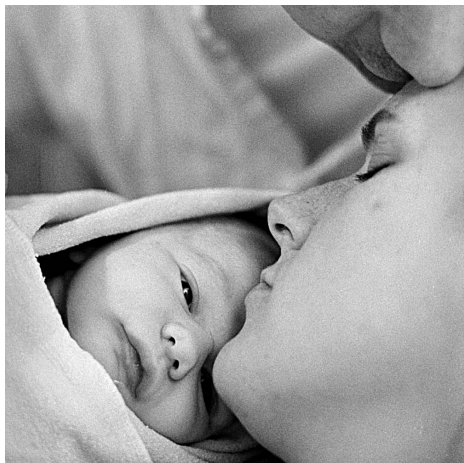


A DOULA CAN HELP TO...

- shorten the length of labour
- reduce the need for a c-section
- decrease the need for medication
- enhance bonding

a doula for every woman - doulacollective.ca

Providing labour support
for birthing mothers
& their partners



WHAT IS A DOULA?

A *birth doula* is a woman who gives continual support to a birthing mother before and throughout her labour.

A *postpartum doula* will help to ease the transition that comes with the addition of a new baby to a family.

A BIRTH DOULA WILL...

- support the mother's birth choices
- work with the father/partner to support the mother
- stay with the labouring mother throughout the entire labour
- meet with the mother before the birth to discuss birth plans/fears.
- respect privacy of clients
- provide information, not advice

A POSTPARTUM DOULA WILL...

- assist with newborn care
- help with family adjustment
- offer non-judgemental support

A DOULA DOES NOT...

- play a medical role
- make decisions for you
- replace a father/partner

For more information on how to find a doula please call 709-334-3502 or visit:

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