Who is a doula?

Doulas are trained professionals that provide support during the pregnancy journey.

Planning pregnancy | Pregnant/Birth | Postpartum

What are the benefits of having a doula?

Doula support helps reduce stress, improves birth outcomes, and enhances support for a positive pregnancy and postpartum journey. Doulas also understand and respect different cultures so families feel understood and respected during labor and delivery.

- Emotional support
- Physical comfort
- Childbirth education

Why should I hire a doula?

Doula care may make labor and delivery safer for pregnant people and their babies, especially for those at higher risk of having complications. Research shows that having a doula reduces the chances of having a Cesarean birth (C-section), increases breastfeeding rates, and can even lower the chances of postpartum anxiety and postpartum depression.

- Lowers chances of Cesarean delivery
- More likely to have a positive birth experience

What else to know about doulas?

Doulas don’t provide medical care or make medical decisions. You can have a doula even if you decide to get an epidural, need a Cesarean delivery, or if your baby needs to stay in the neonatal intensive care unit (NICU).

- Helps family communicate needs and birth plan
- Does not perform medical tasks

Additional resources:
- American College of Obstetricians and Gynecologists: https://www.acog.org
- American College of Nurse-Midwives: https://www.midwife.org
- Doulas of North America (DONA): https://dona.org
- National Black Doulas Association (NBDA): https://www.blackdoulas.org

For more information on doulas, go to marchofdimes.org/doulas