



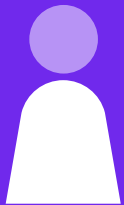
**IT STARTS
WITH
MOM**

Discover the power of doula support

Making decisions during pregnancy is exciting, but can be overwhelming. From picking the right prenatal care provider to thinking about your birth plan, there are many choices that shape your journey to becoming a parent. The support you get before, during, and after birth matters, too. A doula can make a big difference.

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



Doula

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