

What is a Doula?

Doula is a Greek word that is loosely translated to mean woman servant. A doula is a trained and experienced, non-medical assistant who provides physical, emotional and informational support and care during pregnancy, childbirth and the postpartum period. She is a professional who is knowledgeable about the progression of labor, pain management, coping techniques, and breastfeeding. She offers continuous support during labor and the immediate postpartum period.

Doulas have been shown in published studies to provide: 50% in chance of C-section, 60% in use of epidural anesthesia, 30% in use of narcotics (Stadol or Nubain), 40% in use of Pitocin, 25% in the time of labor, 40% in use of forceps and vacuum extraction.

There is also evidence of reduced chances of health complications and hospitalizations of baby and mom; increased chances of successful breastfeeding, reduced incidence of postpartum depression, reduced levels of anxiety, result in more positive birth experience, and mothers feel more in control, safe and secure.

To locate a doula visit www.dona.org, www.alace.org, www.cappa.net, www.doulanetwork.com, www.birthpartners.com, www.mybirthteam.com, www.birthingnaturally.com

“If a doula were a drug, it would be unethical not to use it.” John H. Kennel, MD