

The Benefits of a Doula



There are so many benefits to hiring a doula. The primary agenda is tied solely to the birthing persons agenda. Your doula can provide labor support in so many ways. Here are a few to consider;

Physical Support is the most important support to help the birthing person maintain control, comfort and confidence. Some aspects of physical support can include:

- Soothing touch through massage and counter pressure
- Helping to create a calm environment with lighting and aromatherapy
- Assisting with water therapy
- Assistance with any walking and positioning

Emotional Support helps the birthing person feel cared for and gives them a sense of pride and empowerment during their birth process. The doula's primary goal is to care for the mothers health and well being at all times which includes:

- Continuous presence
- Reassurance, Encouragement and Praise
- Helping them work through fears and self doubt

Informational Support helps the parents understand what is going on with the course of labor as well as provide them with evidence based information about birth options.

- Suggesting techniques in labor such as breathing, relaxation, movement and positioning that is important both with and without pain management
- Helping explain medical procedures before they occur

Advocacy from the doula can also play an important role in the birth process. It is defined as supporting the birthing person in their right to make decisions about their own body and baby. Examples include:

- Encouraging the mother to ask questions and verbalize her preferences
- Supporting the mothers decisions always
- Facilitating communication between the parents and staff