

What is a doula?

A Doula provides continuous source of comfort, encouragement and support both emotional and physical during pregnancy and labor, Doula's provide comfort using pain relieving techniques like breathing techniques, relaxation techniques and massage and laboring positions.



Why hire a doula?

Studies have shown that having a doula as a member of the birth team decreases the overall cesarean rate by 50%, the length of labor by 25%, the use of oxytocin by 40%, and requests for an epidural by 60%.