



**Children's Home
Association of Illinois**

What is a Doula?

CHAIL offers community doula services, but what is a doula?

A doula provides emotional and physical support during pregnancy, labor, birth, and postpartum. A doula ensures the birthing person has a safe, memorable, and empowering birth experience. A doula does not provide medial or clinical guidance.



**All services are FREE
to the client.**

DOULAS PROVIDE:

- Personalized guidance in crafting a comprehensive birth plan, ensuring your unique preferences and concerns are addressed with care
- In-depth educational resources for maintaining a healthy pregnancy, empowering you with the knowledge to make informed decisions
- Expert insights on effective comfort measures during labor and delivery
- Thorough preparation guidance for both vaginal and c-section births, offering a holistic approach to ensure you feel confident and prepared for any scenario
- Thoughtful recommendations for pain relief strategies during labor
- Strategic positioning advice to enhance the birthing process, optimizing comfort and progress
- Family support strategies to empower your loved ones in encouraging and assisting you throughout the birthing journey
- Informative sessions on medical interventions, arming you with the knowledge to make informed choices in collaboration with your healthcare team
- Compassionate feeding support encompassing both formula and breastfeeding, respecting your choices and offering guidance
- Comprehensive postpartum information for the well-being of both you and your baby, including vital insights into postpartum depression to ensure a healthy and supported transition into parenthood

WHEN ARE THE DOULA VISITS?

Prenatal:

- 7th month prenatal: 2 visits
- 8th month prenatal: 4 visits
- 9th month prenatal: 4 visits

Postnatal:

- 1st month postnatal: 4 visits
- 2nd month postnatal: 2 visits



**Our community doulas are here to help
you have a healthy pregnancy!**



We also offer weekly prenatal sessions every quarter that are open to the community.

Find out more here:
<https://chail.org/programs/prevention/>



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CALL RIGHT AWAY:

Doctor or 911

- Bleeding from your vagina
- Sharp pains in your stomach or severe cramps
- Fluid Leaking or Gushing from your vagina

We are here to help you have a healthy pregnancy!!

Call YOUR DOCTOR within 24 hours if you have ANY of these signs:

- Headache that won't go away
- Severe Upset Stomach
- Blurry eyesight
- Seeing flashes or spots of light
- Severe swelling of eyes/face/feet
- Constant Vomiting
- Feeling faint or dizzy
- Chills and /or fever
- Fever OVER 100 degrees
- Baby doesn't move for 10 hours
- Burning/Pain when you urinate

