

Völva

What is a Labour & Birth Doula



What is a (Labour & Birth) Doula?

“The term Doula is Greek, meaning ‘Female attendant’, often serving the lady of the house.”

“A Labour and Birth Doula holds sacred space for the mother: to divine her birth-plan intentions, to inform and empower the mother in her decisions, to reintroduce the fact that birth IS natural and to remind us that our bodies know exactly what to do for baby and our own “thrival”

What is so great about a L&B Doula?

1

ENHANCES POSITIVE BIRTH EXPERIENCE

2

HAVE A SAFE, INFORMED AND EMPOWERED LABOUR & BIRTH

3

HOLD SACRED SPACE FOR MOTHER



What is involved with having a L&B Doula?

>>>A Doula can be helpful during birth preparation, continuous support through labour and delivery and postnatal care. <<<



When should I hire my L&B Doula?

>>You can hire a L&B Doula anytime! Most mothers seek L&B Doula assistance between 6 & 7 months. It is essential to have a consultation prior to L&B.<<



Creative ways to afford a L&B Doula

>Doulas often offer packages and bundles, you may choose the most cost effective bundle or consider adding Doula services to your gift registry!<

“We are here for you every step of the way”

As a Labour and Birth Doula I am of service to birthing Mothers and partners through pregnancy, labour, birth and postnatal care.

Throughout this milestone, the focus tends to be on the baby and often the mother’s needs and wellbeing are forgotten. Of course, the baby is an essential partner in labour and birth, but so is the mother! From an ancestral perspective, labour and birth is a sacred dance between two active participants the baby AND the mother.



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L&B Doulas reinstate the ancient practice of women supporting women and we are here for you every step of the way.

“labour and birth is a sacred dance between two active participants the baby AND the mother”

COMMON MISCONCEPTIONS ABOUT L&B DOULA’S

FALSE *I have a Doula, I no longer require a Midwife and/ or Doctor*

Doula’s are not Midwives or Doctors! We do not delivery your baby. We are present for the mother’s wellbeing and support. To quote Lindsey Bliss “I am a Birth Coach”

FALSE *I have a Doula, so I don’t need prenatal classes anymore*

It is still recommended, for all mothers and partners to attend prenatal classes! All education is valuable.

FALSE *Doulas are uneducated and useless*

Doula’s are in fact quite educated and in order to become a Doula, a Certification process must be achieved. I studied at Birth Arts International.

FALSE *Doulas only attend home births and are against any medical intervention*

We are here to serve YOU! If you want a hospital birth and feel you need medical assistance, I support you! Doulas are not present to judge or guilt anyone. We are here to hold space for you and your ideal birth.

FALSE *Doulas aren’t right for me*

I would be as bold as to say that every woman would benefit from the support of a L&B Doula. There are many of us in the field and if one Doula isn’t the right fit, I assure you there is someone out there that would be best aligned with you and your needs!

