



## What is a Doula?

1

A doula provides continuous physical & emotional support throughout labor to advocate for informed choices.

2

As your doula, our team provides up-to-date evidence based education so that you have autonomy over your birth choices.

3

We equip your partner with tools to be the MVP (*MOST VALUABLE PARTNER*). A doula does not replace your partner! We work together as a team to support you both.

## Did you know?

Research shows that labor support from a certified doula is both risk-free and highly effective. Including doulas on care teams is critical-not only because they improve health outcomes, but also because they provide important physical and emotional support to birthing families.

## What the Evidence Says About Doula Support...

A large Cochrane review found that women who received continuous labor support were:

- more likely to have a vaginal birth
- experience a shorter labor
- utilize less pain medication
- have less interventions
- more likely to report a positive birth experience

# Your Birth Team Matters.

Just like creating a perfect baby registry- it's just as important to find the best team to serve you throughout your pregnancy and birth. That's where we come in as your doula to help guide you along the way. From the best hospitals in the area, choosing between an OB or a midwife, and helping your partner show up for you the best way they can. We want you to achieve the kind of birth that feels empowering and memorable!

# Whats the Difference Between...

## Midwife

- Practices in the hospital, birth center, and homebirth setting
- Medical care provider throughout pregnancy and birth
- Trained in supporting low risk women yet still skilled in recognizing + managing complications
- Encouraging of the natural physiological birth process + trusting a women's body
- Less likely to utilize unnecessary interventions and are generally patient with birth

## Doula

- *continuous emotional, mental, and physical support in pregnancy, labor & postpartum*
- *provides hands on comfort measures during birth*
- *advocates for individualized care and informed consent*
- *provides up to date educational resources related to birth preferences*
- *support the natural physiological birth process*
- *is NOT a medical provider*

## OBGYN

- Practices in the hospital, private practice, or clinics
- Medical doctor specializing in pregnancy, childbirth, and reproductive health, with training in surgery
- Experts in high risk pregnancies, managing complications, and performing cesarean births
- Higher rate of recommending interventions to progress labor
- Can support women birthing in the hospital setting at all risk levels