



DADS, PARTNERS AND DOULAS:

Key Players on Family Support Team

Today's birth partners want to be involved in the pregnancy, labor, birth and postpartum process. A doula can help partners experience this time with confidence.

When doulas are present at labor and birth, women experience the following:

- Shorter labors
- Fewer medical interventions
- Fewer cesareans
- Healthier babies
- Improved satisfaction
- More partner involvement



What can a birth doula do?

- ❁ A doula can help ensure parents get all the information necessary to make decisions and help facilitate communication between parents and medical care providers.
- ❁ A doula can help partners understand the range of normal behaviors during birth.
- ❁ A doula can assist partners in the use of coping techniques.
- ❁ A doula helps partners share in the birth experience at the level that feels most comfortable to them.
- ❁ A doula brings expertise to a birth and helps families as they transition into parenthood.



DADS, PARTNERS AND DOULAS:

Support During the Postpartum Period

- Doula support can help fill the gaps in postpartum care.
- Doulas help partners learn how to care for mothers, encourage breastfeeding and/or share feeding responsibilities and incorporate other children – if applicable – into their new family dynamic.
- Doulas validate and enhance parents' intuitive ability to nurture their newborn and each other.
- Doulas encourage parents to become confident to develop and implement their own parenting style, leading to decreased anxiety.
- Doulas provide emotional and practical support during postpartum recovery.

Find birth and postpartum doulas
at www.DONA.org



www.dona.org