



What is a birth Doula ?



A woman trained and experienced in childbirth who provides continuous physical, emotional, and informational support to a woman during labor, birth, and the immediate postpartum period

She supports you in the birth you want!

She strives to minimize any fear or anxiety of the unknown

She reassures the mother and partner • She performs no clinical tasks

She uses comfort measures: breathing, relaxation and movement



*Benefits of Doula Support...

- Shorter labor
- Fewer complications/interventions:
 - Less: cesareans, need for Pitocin, use of forceps or vacuums, requests for pain medications and/or epidurals
- Continuity of care: prenatal, labor, birth and immediate postpartum period
- More satisfaction with overall birth
- Higher success rate in breastfeeding
- Mother views baby more positively
- Lower risk for postpartum depression

How to Find Local Doulas...

- Ask your OB/Midwife/Nurse
- **RSVP to Attend a FREE Meet the Doula Event in Walnut Creek or Brentwood, CA**, hosted by the Mt Diablo Doula Community
 - All pregnant moms and partners welcome. Events are casual and no pressure

Your Investment...

Packages and costs can vary, and are typically based on the doula's education, experience, and your needs

Packages usually include:

- Several prenatal meetings and one or more postpartum visit(s)
- Support for the entire labor - early labor (at home or other location), hospital and the first hours after birth
- One or more back-up doula(s)

Cost - Can range from \$500 - \$2500 flat rate, and may be reimbursable from a HSA or Flex-Spending Account

Please Note: Doulas are not medical providers, but do work with you and your medical team

About the Mt. Diablo Doula Community...

- Privately hired professional birth doulas who serve birthing families in the Greater East Bay Area
- Cooperative members of your birth support team
- Helps you in achieving the type of birth you want
- Offers non-judgmental support and evidence based information

Benefits to Coach/Partner...

- Allows partner to be involved at their own comfort level
- Support and help for the partner
- Increased confidence in self and laboring mother
- Partner views birth and baby more positively

Contact Us to Find Your Perfect Doula Match!

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