



Some Doulas Also Offer:

- childbirth education classes
- bilingual abilities
- pregnancy and infant massage
- lending libraries
- birth photography/video services



What a Doula Does Not Do

- We will not judge or influence a woman's choices. Instead we strive to help her reach informed and timely decisions about her own health care.
- We do not take the place of husbands or partners. We assist them in creating and maintaining an environment of trust and intimacy.
- We do not take the place of your doctor, midwife or nurse.

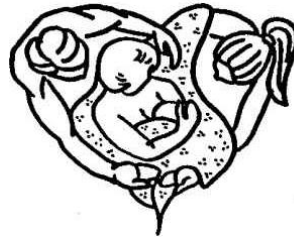
Benefits of Labor Support

Although each labor is different, studies show that labor support dramatically improves the childbirth experience and benefits the health of both mother and newborn.

Natural Vaginal Delivery (no medication or forceps)	43% Increase
Cesarean Rate	50% Decrease
Epidural Requests	60% Decrease
Pain Medication	30% Decrease
Duration of Labor	25% Decrease

Kennell, J.; Klaus, M.; McGrath, S.; et al. *Journal of the American Medical Association (JAMA)*, 1991. 265 (17); 2197-201

The authors' conclusion:
"Every couple should consider having a supportive companion during labor."



Benefits of Postpartum Support

Studies show that women who are well-supported in the early postpartum period:

- ① have greater breastfeeding success, duration, and satisfaction
- ② are less likely to suffer from postpartum depression
- ③ feel more confident in their ability to care for their babies

The Valley/Foothill Doula Collective

"The newest advancement in childbirth is thousands of years old."



1-888-DOULA-4-U
(916) 720-1220

www.doulacollective.bizland.com



What is a Doula?

"Doula" is a Greek word for a woman (traditionally a friend or relative) who helps other women during transitions or illness. In America today, families are much more spread out geographically and community support is often inadequate during the perinatal period. The word "doula" has come to mean a woman who professionally provides emotional and practical support during pregnancy, birth and postpartum.



What is the VFDC?

We are a group of local women who are committed to helping mothers realize their own power and ability during their childbearing experience.

Every doula in our collective is unique — each offers her own statement of disclosure (outlining her training, experience and services) and fee schedule. Many offer a sliding scale based on ability to pay.



Birth Doula services may include:

- discussion of birth options
- formulation of a birth plan
- information about local community resources
- comfort measures during pregnancy and labor
- VBAC* support
- on call 24-hours for questions or support
- assistance in creating a positive, personal birthing environment
- continuous emotional and physical support during labor and delivery
- breastfeeding information and support

**Vaginal Birth After Cesarean*

Call for your free listing of local doulas:

1-888-DOULA-4-U
(916)720-1220



Postpartum Doula services may include:

- in-home support for new mothers
- information about newborn care and postpartum adjustment
- breastfeeding support
- light housekeeping
- meal preparation
- care for baby and older siblings
- overnight care
- running errands
- referrals to community resources
- encouragement and support to rest and bond with baby
- help caring for twins, triplets, and more



Questions to ask when interviewing a Doula

- What is your philosophy?
- What is your training and experience?
- Are you certified?
- What is your fee, and what services are included?
- Do you have a back-up doula in case you are unavailable?

You may want to interview more than one doula to find the right one for you.