



WHAT IS A DOULA?



Doulas help make birth better!

They nurture, support and offer expert guidance for families during pregnancy, birth and the early postpartum time. There is strong evidence to show that doulas improve outcomes.

What do DONA International doulas offer?

Emotional Support – Doulas are experts in emotional support and active listening that encourages new parents.

Evidence-Based Information and Support – Doulas are trained to understand what birthing and new families truly need. The doula helps with soothing techniques, providing evidence-based information so you can make informed decisions about your birth and your baby.

DOULA

A trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.



Hands on practical support

– It’s all hands on deck during birth and with a newborn. Doulas provide physical comfort measures as well as practical support to ease the transition into parenthood.

Partner Support

– A new baby means transition for everyone. Doulas understand what everyone needs, and can be a great addition for everyone involved. Doulas enhance a partner’s ability to support their entire family.

Studies show doula support can help:

- reduce postpartum mood disorders
- improve breastfeeding success
- reduce interventions
- lower cesarean birth rates
- improve health outcomes

Credentials

Many doulas train with DONA International, but those who earn and maintain our certification are the best of the best. They have received cutting-edge classroom instruction along with invaluable hands-on experience. Look for these DONA International Credentials: CD(DONA), PCD(DONA), AdvCD(DONA), AdvPCD(DONA), BDT(DONA), PDT(DONA)

DONA International’s website is filled with resources to help families and professionals learn about doulas. Find information about the role and benefits of doulas as well as links to online tools, like our hiring guide.



www.dona.org

