A doula:

- Recognizes birth as a key experience the mother will remember all her life.
- Understands the physiology of birth and the emotional needs of a woman in labour.
- Enables the woman’s partner to participate at his/her comfort level.
- Assists the woman in preparing for and carrying out her plans for birth.
- Facilitates communication between the labouring woman, her partner, and her clinical care providers.
- Stays with the woman throughout the labour.
- Enables the woman’s partner to participate at his/her comfort level.

A doula is a trained and experienced professional who provides continuous physical, emotional, and informational support to the mother before, during, and after birth.

If you are interested in learning more about doula services, please contact:

Name: __________________________
Email: __________________________
Phone: __________________________

Cards developed by First Nations Health Authority and Perinatal Services BC.