



# ABORIGINAL DOULA SUPPORT



The art of birth ~ women supporting women in childbirth.

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 would like more information about doula services, please contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

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.

Assists the women in preparing for and carrying out her plans for birth.

Stays with the woman throughout the labour.

Facilitates communication between the labouring woman, her partner, and her clinical care providers.

Enables the woman's partner to participate at his/her comfort level.