

# How can a doula help?

A birth doula specializes in supporting women during pregnancy, labor and in the immediate post partum period. A doula can enhance your birth experience with physical and emotional support while providing you with important information to make the transition as smooth and satisfying as possible. They are there to help women navigate their journey, while also supporting a partner's role in this transformational process.

A postpartum doula provides in-home support and care as you transition to parenthood. Each family will be able to outline what types of help they desire. Your postpartum doula can help with mother's recovery, breastfeeding, newborn care, meal preparation, errand running, household upkeep, sibling support, and overnight care to facilitate more rest for the whole family!



## STUDIES SHOW THAT HAVING A DOULA PRESENT WITH YOU DURING BIRTH CAN:

Shorten labor by 25%

- Reduce the cesarean rate by 50%
- Reduce the requests for epidurals by 50%
- Decrease the use of pain medications by 30%
- Increase the likelihood of a successful breastfeeding relationship
- Improve your relationship with both your partner & your new baby
- Reduce the likelihood of postpartum depression or anxiety

Financial assistance is available. The Sabiha Fund is a doula care subsidy program for families in need of financial assistance. Anyone experiencing financial need may apply to the Sabiha Fund, proposing the contribution they could conceivably make towards doula fees. If your application is accepted, the DCNL will match that amount from the Sabiha Fund and help pair you up with the best doula for you according to present availability.

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