Doula Care

Your Partner in Pregnancy and Beyond

What is a Doula?

A doula is a trained professional who provides personalized physical, emotional, and informational support during pregnancy, childbirth, and the early postpartum period. Their goal is to help you achieve a healthy, fulfilling, and empowering experience.

Benefits of Doula Care

Studies show that having a doula can significantly improve your childbirth experience. Those who use doulas are:

- **28% less likely** to have a cesarean section.
- **31% less likely** to need synthetic oxytocin to speed up labor.
- **9% less likely** to use pain medication.
- **34% more likely** to rate childbirth positively.

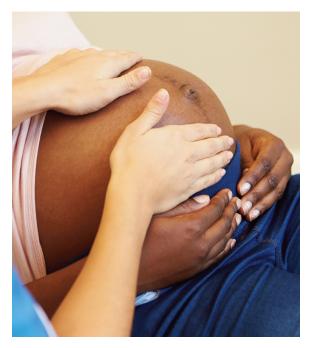# How a Doula Supports You

During Pregnancy:

- Helps you create and confidently follow your childbirth plan.
- Prepares you to make informed decisions during labor and delivery.
- Connects you to helpful programs and resources tailored to your needs.

During Labor and Childbirth:

- Provides continuous physical and emotional support.
- Makes labor more comfortable with breathing and relaxation techniques.
- Helps facilitate communication with hospital staff to address your questions and concerns.

After You Give Birth:

- Assists with breastfeeding and newborn care.
- Monitors for any warning signs in your health or your baby's health.
- Encourages self-care practices to support your recovery.

What Doulas Don't Do

Although doulas offer valuable support, their role has specific boundaries:

- They don't provide medical advice or perform medical procedures.
- They don't make decisions for you, but they help explain procedures, risks, benefits, and alternatives.
- They work alongside your health care providers to ensure seamless care.

Take the Next Step

Most insurance plans cover doula services. Contact your insurance provider for details.

Visit us at **cooperhealth.org** or call us at **856.342.2000** to learn more and connect with our Doula Liaison.

Cooper
University Health Care