

What is a Doula?

“A birth doula is a person trained and experienced in childbirth who provides continuous physical, emotional and informational support to the mother before, during and just after childbirth.” (DONA, 2008) The birth doula may or may not be a nurse, but does not function as a nurse during the labor and delivery. Rather, she gives physical and emotional support to both the mom and the dad. There are birth doulas who help through labor and birth, and postpartum doulas who help through the first few weeks with a new baby.

For information about hiring a doula, see the article “How to Hire a Doula” at www.dona.org. For more information and a list of doulas in your area, go to the following websites:

www.DONA.org

www.birthlink.com

(Edward Hospital does not endorse any person listed on these websites; the websites are provided as a source of information only. It is your responsibility to investigate the credentials and references of the doula, should you select one.)