



WORKING WITH A BIRTH DOULA

Your provider may suggest doula support for your birth. There are many benefits associated with having a birth doula, including increased satisfaction with birth, lower Cesarean rates and shorter labors. If you have insurance through Medical Assistance, a birth doula is 100 percent covered by your insurance! Read through the information below to learn more about what it means to work with the Everyday Miracles doula program.

WHAT BIRTH DOULAS DO

A birth doula is a person who is trained to provide information about a healthy pregnancy, help you prepare for birth and postpartum, and provide support before, during and just after birth. When working with a doula, you can expect:

Prenatal Meetings: The doula can help you prepare for childbirth, talk with you about healthy pregnancy, practice breathing, relaxation and ways to cope during labor. You can decide how often you would like to meet to prepare for labor and get to know each other. A minimum of two times is a good idea. Your doula is also available by phone and can connect you with local resources if needed.

Support During Labor and Birth: Your doula typically joins you once you are in active labor and will stay with you throughout the duration of your labor and birth. Your doula will provide continuous emotional support, giving you (and your partner, if present) support and encouragement and can also make suggestions for positions, comfort and coping during labor, breathing and relaxation techniques.

After the Birth: The doula usually stays for a short time after the birth. Your doula may also visit you at home, after you are settled in with your new baby, to answer any questions about things like feeding, baby care, postpartum health, and to talk about your birth.

What Doulas DO: Your doula CAN offer suggestions and give you choices. The doula can help you understand typical labor as well as understand your own individual birth experience. A doula can help you get the information that you need to make informed decisions about the birth of your baby.

What Doulas DO NOT DO: Doulas DO NOT do medical tasks like checking blood pressure, fetal heart rate, or check your cervix for dilation/labor. They don't speak for you when decisions need to be made. They do not talk to other organizations or agencies about you unless you give permission. They don't make medical choices. Decisions are the responsibility of you and your partner. Doulas take no personal or professional responsibility for the outcome of the birth. Birth doulas do not provide childcare before, during or after the birth.

CLIENT EXPECTATIONS

Can I work with Everyday Miracles? A few things to consider when you are deciding if Everyday Miracles is a good fit for you. Clients should understand that birth doulas are trained professionals that give a high degree of commitment when working with clients. **Working with a doula will require motivation, time and effort on the client's part as well. If you choose to work with Everyday Miracles you are committing to:**

- Having an active role in a working relationship with a doula.
- Being responsive to communication from Everyday Miracles and your doula, and staying in touch with the doula throughout your pregnancy?
- Arriving at scheduled meetings in a timely manner, canceling if unable to attend with reasonable notice (at least 12 hours).
- Having a doula present at your birth and calling your doula when you go into labor. (*Note: If you change your mind about doula support, you should let the doula know ASAP and well before by 37 weeks*).
- While not required, placement preference will be given to clients who are committed to attending classes at Everyday Miracles, located in Northeast Minneapolis.

If you would like to partner with a doula for your birth, ask your provider to make a referral today!

DID YOU KNOW ...
doulas support *every* kind of birth?

Some people think that doulas only support *certain kinds* of births. However, the truth is that **doulas support births of ALL kinds**, including births in a hospital, home or birth center, births attended by midwives and doctors, births with or without medication/epidurals, Cesarean births and everything in between!