Global Perinatal Services: Doula Programs

What is a Doula?
Doulas are professionals trained in all things childbirth that provide continuous physical, emotional, and informational support to a mother during pregnancy, childbirth, and postpartum. The goal of a doula is to help make sure the mother has a safe, educated, and empowering birthing experience, whether it is a medicated birth, unmedicated birth or a cesarean. After birth, doulas will help new mothers begin the breastfeeding process and encourage bonding between the baby and family members.

How Your Doula Will Work With You:

Before Childbirth:
- Meet with you during your second or third trimester to get acquainted
- Help you develop a birth plan
- Teach you relaxation and breathing techniques
- Answer your questions about the birthing process
- Help you understand labor and delivery procedures and possible complications

During Childbirth:
- Stay with you and provide continuous comfort and support
- Use massage and touch techniques to help you relax and rest
- Help you get into comfortable positions
- Help you get proper nutrition and fluids
- Advocate for your preferences to the medical staff

After Delivery:
- Teach you how to care for your baby
- Assist with breastfeeding education
- Provide support and encouragement to bringing your baby home
- Support other members of the family and teach them how to help you
- Make sure you get plenty of rest, eat regularly, stay hydrated, and are comfortable
COMMUNITY BASED DOULA PROGRAM
For women who are around 28 weeks or 6 months of pregnancy or less. Community Based Doulas will work with the client for one year after birth. These services are free to low-income, immigrant and refugee families.

Languages Available: Somali and English

“Based on availability and language spoken”

BIRTH DOULA PROGRAM
For women seeking a short term doula services (two visits Prenatal, Labor & Birth and two Postpartum visits). Birth doulas work with the pregnant women from the third trimesters till three months postpartum. These services are free to low-income, immigrant and refugee families.

Languages Available: Somali, Amharic, Tigrinya, Arabic, Spanish, Oromo, Mandinka, Wolof, Swahili, Shona, Maay Maay, Hindi, Susu, Nek, French and English

“Based on availability and language spoken”

CLIENT INTAKE FORM:
Fill out the client intake form and our Doula Program Coordinator will follow up to pair with the client with a Doula.

Website: Globalperinatal.org > Doulas> Find a Doula> Client Intake Form
Link: https://a106944.socialsolutionsportal.com/apricot-intake/8f2c5fa5-99e6-4fdo-9aa0-53c94963e557

BABY ITEMS
Open to all community members who are looking for diapers, wipes, gently used baby clothes and other baby items (if available).

Please call 206.679.0782 to check availability of items and schedule a time to pick up.