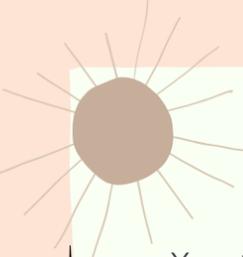


DOULA SUPPORT 101

A STEP-BY-STEP LOOK AT YOUR PREGNANCY JOURNEY WITH A DOULA



CHOOSING YOUR DOULA

Your journey to finding a doula starts with research and asking questions, so congratulations! You've already made it to step 1. You can schedule short meetings with a few doulas to find out what services they offer and determine who is a good match for you. Doula RI is a network of available, trained birth doulas in the state of Rhode Island. On their website, you can find a list of trained local doulas along with their pictures, general bios, and contact information.

PRENATAL SUPPORT

Now that you've found your doula, your journey can begin. Doulas can offer support in a variety of ways such as accompanying you to prenatal appointments. Importantly, many doulas are well-connected in the wellness and prenatal communities. They can often help direct you to the best doctors, midwives, pediatricians, masseuses, chiropractors, therapists, or even lactation consultants to help you throughout the prenatal period.



BIRTH EDUCATION & PREPARATION

Having a solid birth plan is a key part of curating a positive, healthy birthing experience. Comprehensive birth education is an amazing aspect of doula care. Your doula can educate you on a wide variety of birthing information from different poses and birthing techniques. They can also help explain delivery options and paths to help you create your ideal birthing plan.

LABOR & DELIVERY SUPPORT

Doulas are a critical resource to have during labor and delivery. They can help explain confusing medical terminology or be there to offer support if complications arise. Importantly, your doula is your patient advocate and serves as another voice for you in the room. Doulas are trained to take on and adequately handle the stress of the birthing experience so you can focus on doing your one and only job - delivering your baby.



POSTPARTUM PERIOD

Your journey with your doula does not end at delivery. Most maternal mortality and morbidity occurs after delivery/during the postpartum period. Your doula can still be available after to birth for a variety of services such as helping with overnight care, providing resources for postpartum depression, and providing support for birthing individuals and families as they navigate the challenges of the postpartum period.

Information source
<https://microbenotes.com/photosynthesis/>