

Are there different types of doulas?

Yes! There are many different types of doulas that can help birthing individuals with every step of their pregnancy journey.

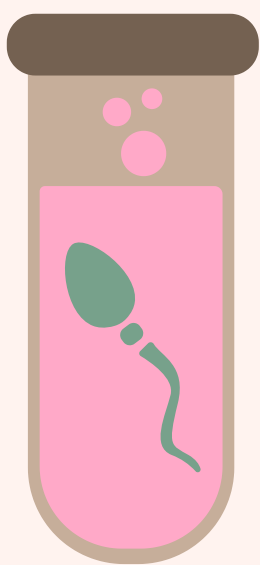


Birth Doula

Birth doulas provide support for birthing individuals throughout various stages of labor prenatal period, labor, and delivery. This support may be educational, emotional, or even physical such as labor massage and breathwork.

Postpartum Doula

Postpartum doulas are available to assist birthing individuals and families as they adjust during the postpartum period. Postpartum doulas may provide baby care for overnight shifts or help birthing individuals navigate resources for postpartum depression for example.



Fertility Doula

Fertility doulas are available to help birthing individuals and families on their journey to conception and pregnancy. Similarly to birth doulas, they offer emotional, educational, and physical support such as providing fertility education or supporting clients through health visits.

Bereavement Doula

Bereavement doulas are trained to help birthing individuals and families who are coping with a variety of forms of loss. They can provide emotional support to families experiencing miscarriage, stillbirth, or infant loss.

