

Consider Extending Care With A Doula

A doula is a professional support person who provides physical and emotional assistance throughout the stages of labour. Doulas do not hold medical licenses, and many are trained via workshops or apprenticeships. Although their training may vary, doulas are an invaluable resource to labouring women and their partners.

Doulas and Your Labour Experience

There is good evidence that having a female support person with you in labour leads to a more satisfying birth experience. Simply having someone there — solely for you — can help to make the experience less frightening and more pleasurable.

Doulas provide assistance at home and in the hospital. When you are still at home, your doula offers ideas for coping with the pain of early labour. She allows your partner or other support person to take a break.

As labour progresses, your doula can reassure you and identify normal physiologic changes such as stronger, more intense contractions, bloody show and episodes of nausea. This type of reassurance not only creates feelings of safety but can also decrease pain.

Though doulas are trained in labour support, it is important to remember that since your doula is not medically licensed she will not be making clinical decisions about your care.

In the hospital, your midwife may be busy attending to her duties or with other patients. Your doula can ensure that you are never alone or without guidance. The most effective doulas will offer advice and support without being a barrier to medically indicated interventions or needed changes in the plan of care.

Some Doulas we work with on the North Shore

<http://www.bunkybambino.com/> <http://downtoearthbirthcare.com/>
<http://www.nancesherpa.com/services.html> <http://jillcolpitts.com/doula/>