

BIRTH DOULA

Continuous Support When you Need it Most



What is a Birth Doula?

A Birth Doula is a woman trained to provide continuous physical, emotional, and informational support to a woman and her partner during labor, birth, and the immediate postpartum, while honoring their birth preferences. Birth Doulas are a return to an age-old tradition of women being surrounded and cared for by other women during childbirth. The Birth Doula

serves as a resource for both the laboring woman and the birth partner, and can help the birth partner participate more fully in the process.

How can choosing a Valley Hospital Birth Doula assist you?

Our Birth Doulas:

- help you navigate the final weeks of pregnancy and reviews your birth preferences.
- provide emotional support by helping with relaxation techniques, encouraging a positive attitude, guiding you through rough moments and encouraging both you and your partner during labor and delivery.
- stay with you throughout labor and birth, providing uninterrupted support to you and your partner.
- provide physical support by suggesting positions and strategies to enhance labor progress or minimize discomfort.
- know what to do during long or difficult labors, and can give suggestions and encouragement to help you cope and help your labor progress.
- complement the medical and nursing staff by providing continuous care and support from the minute you enter the hospital through the early postpartum period.
- assist with initial breastfeeding.

To register for a Birth Doula or for more information about the services and fees associated with The Valley Hospital's Birth Doula program, please visit our website www.valleyhealth.com/familyeducation, contact The Center for Family Education at familyeducation@valleyhealth.com, or call us at 201-291-6151.