

Saddlepeak Birth

What is a Doula and Why Would I Hire One?

What do you do?

Doula literally means “woman’s servant” in Greek. I support women who are expecting through her pregnancy, birth and postpartum journey. I provide educational support, physical support, and emotional support for the new mother. I am trained and well-studied in detail about pregnancy and the birth process. I have been trained extensively in order to help the laboring mother cope with labor through comfort measures, visualization techniques, pain relief techniques and labor positions. My main goal is to help the new mother have a safe, memorable, and empowering birth experience.

What don’t do you do?

- Provide medical advice
- Make medical decisions
- Be your voice
- Take the place of your partner
- Make decisions about your pregnancy and birth
- Perform medical procedures
- Check vital signs, listen to baby’s heart, or perform vaginal exams
- Take away your labor and birth pain

Benefits of hiring a doula

Studies have shown that having a doula present at your birth can decrease

- the overall cesarean rate by 50%
- the length of labor by 25%
- the use of oxytocin by 40%
- the request for an epidural by 60%

Numerous clinical studies have found that a doula’s presence at birth

- tends to result in shorter labors with fewer complications
- reduces negative feelings about one’s childbirth experience
- reduces the need for Pitocin (a labor-inducing drug), forceps or vacuum extraction and cesareans
- reduces the mother’s request for pain medication and/or epidurals

Research shows parents who receive support can:

- Feel more secure and cared for
- Are more successful in adapting to new family dynamics
- Have greater success with breastfeeding
- Have greater self-confidence
- Have less postpartum depression
- Have lower incidence of abuse

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