

# Saddlepeak Birth

The different kinds of doulas

## Birth Doula

(covers pregnancy and birth)

A birth doula is your go-to resource during your pregnancy and birth experience. They are well-versed in the information, terminology, and process of birth. Birth doulas can help you through the many questions surrounding pregnancy and an invaluable resource in the birth space. They assist a family by providing informational support, physical support, and emotional support through a happy, healthy pregnancy and birth. They are trained in pain relieving techniques, visualization techniques, and position changes to help women work with their birth rhythm. Their main goal is to give women a satisfying and positive birth experience.

## Antepartum Doula

Antepartum doulas are available for women who have been put on bed-rest or are experiencing a very high risk-pregnancy. Most of the time, these pregnancies are filled with many questions, high-risk situations, lots of stress, and physical limitations. These doulas can provide many resources for families facing these less-than-ideal situations. Many questions need to be answered and many decisions have to be made. A antepartum doula provides informational support, emotional support, and physical support through this time that can be very stressful, confusing, and emotionally draining on a new mother and her family. Their main goal is to help women navigate difficult pregnancies and ultimately come out of the experience with a positive outlook, feeling supported and loved.

## Postpartum Doula

Postpartum doulas are hired to help a new mother and her family through the first few weeks after birth. They provide information about how to care for you, as a new mother, and how to care for this new addition to the family. They can help with ideas on how to sooth a baby, co-sleeping, swaddling, breastfeeding, maternal nutrition, cloth diapering, medications while breastfeeding...ect. Postpartum doulas also provide physical support during the postpartum period. Postpartum support can look different for every family. The goal of a postpartum doula is to make the transition with the new baby easier, less stressful, and as positive as possible. Some ideas on how to utilize a postpartum doula are the following:

- Watching baby while Mama naps
- Doing dishes
- Washing laundry
- Meal preparations
- Cooking
- Listening/talking to Mama
- Helping her come up with scheduling plans

## Bereavement Doula

A bereavement doula is hired when a family has experienced or is anticipating pregnancy loss. Bereavement doulas provide informational support, emotional support, and physical support during one of the hardest times in a family's life. Bereavement doula support can look different for every family depending on their needs and the age of the baby. Her main goal is to walk with the grieving family through this hard and often confusing journey and make sure that their journey and transition is as smooth as possible.

Some of the ways families have utilized the experience of a bereavement doula are as follows:

- Attending the appointments to confirm miscarriage
- Being present at the hospital as the mother bleeds and births her baby
- Emotional support via text and phone calls while Mama births her baby at home
- Preparing Mama emotionally for meeting her baby
- Giving bonding options for her tiny baby
- Explaining and talking over options for her baby's body
- Holding her hand and helping her through the grief journey
- Listening to her story and feelings
- Putting her in touch with support groups and other support services
- Helping the family create mementos to remember the baby