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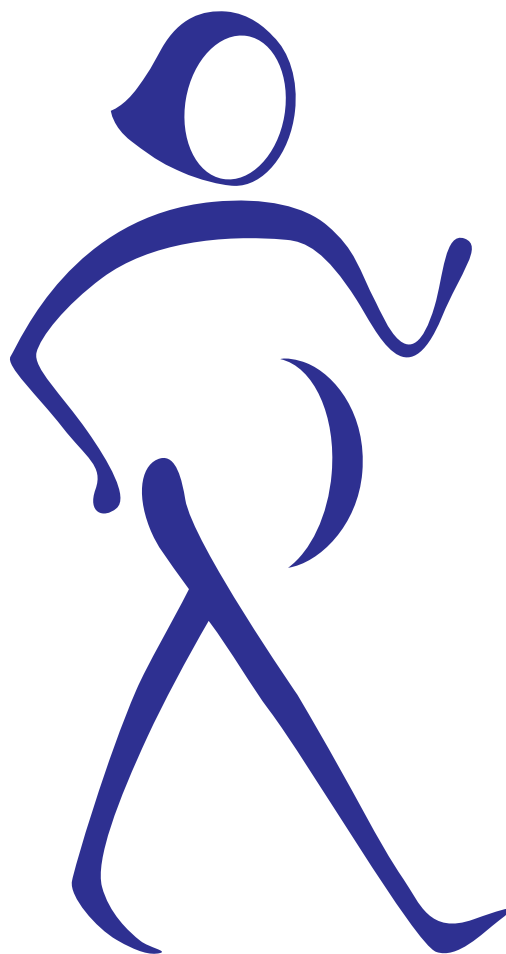
Hearts & Hands



Doula Volunteer Program

is designed to provide a
positive experience of
childbirth.

Contact Healthy Start or
speak to your provider
about the program.



CCRMC

Hearts & Hands

Doula Volunteer Program

Support during
Labor & Delivery
for You
Your Partner
& Family.





WHAT IS A DOULA?

At CCRMC the Doulas are trained to give you, your partner and family, support during labor and birth. There have been Doulas in many cultures - usually women with a lot of life experience. In modern times, Doula is a profession. They can also give support to pregnant women and their families - before and after the birth of the babies. They can be a friend and mentor, and a labor coach.

WHAT DOES A DOULA DO?

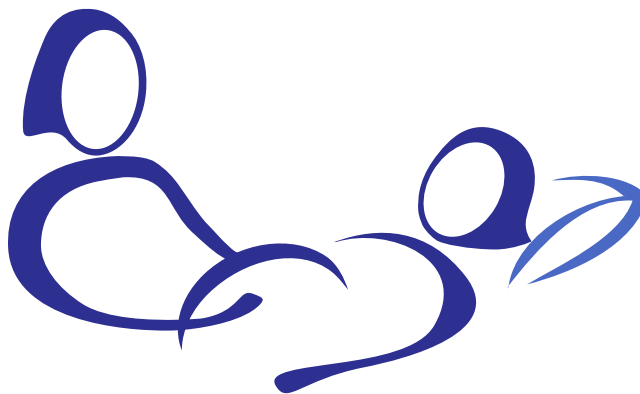
A Doula is there to give you continuous support to feel more calm and confident. She can help you manage the normal pain of labor - show you some ways to breathe, give you massage, suggest changing your position or taking a walk, offer comforting words, or help talk with the nurses and doctors.

WHY DOES CCRMC HAVE DOULAS?

While the first priority of a hospital is to provide a safe passage for mother and baby, childbirth is also a challenging life passage for a woman, which we want to be a good experience. A woman's feelings about childbirth can affect the course of her labor, and later can affect her self-esteem, parenting, and breastfeeding. When a woman feels safe, supported, and confident - this provides a positive and satisfying experience that carries on into mothering. A Doula's consistent support helps to provide that kind of experience.

WHAT IF I WANT AN EPIDURAL?

Douglas can be helpful in ALL labors and births. Even with an epidural, there can be discomfort, pain and the work of pushing.



WHAT IF MY PARTNER, FAMILY, OR FRIENDS WILL BE AT THE BIRTH?

Douglas can be very helpful! Doulas are trained to work with your support team, too - to assist them to feel calm and confident too, and assist them in helping you.

HOW DO I GET A DOULA TO BE AT MY LABOR?

Ask the nurse for a Doula when you arrive at the hospital. A Doula will arrive when your labor is active.

At CCRMC, we now have Doulas on-call for women in labor most of the time, however we are training more Doulas for the future.

DURING LABOR A DOULA CAN HELP YOU FEEL...

CONFIDENT

SUPPORT

SAFE

COMFORT

PROUD

READY

CALM

POSITIVE

