



Pregnant?

**You can benefit
from doula care**





What is a doula?

A doula is a professional, trained childbirth assistant who provides you and your family with nonmedical support during pregnancy, during labor and childbirth, and after giving birth. A doula provides a range of educational, physical and emotional support.

During your pregnancy, a doula:

- Helps you prepare and carry out your childbirth plans
- Helps you feel ready to make important choices during labor and childbirth
- Connects you to programs that can support your needs



During labor and childbirth, a doula:

- Provides you with continuous physical and emotional support
- Gives you tips for making labor more comfortable, such as breathing and relaxation techniques
- Encourages you to talk to hospital staff about your questions or concerns

After you give birth, a doula:

- Helps you with breastfeeding and caring for your newborn
- Identifies and follows up on any warning signs or issues with your health or your baby's health
- Supports you with self-care options



What is virtual doula support?

Virtual doula support is like in-person support in many ways. A doula provides educational and emotional support by phone, text and video instead of in person. Talk to your doula about whether virtual support is right for you.

How can a doula help you?

Studies show that pregnant people who get doula care:

- Are less likely to have a C-section
- Are less likely to have a baby who is premature or has a low birth weight
- Have a shorter labor
- Breastfeed earlier and for longer
- Have better bonding with their baby



**My doula was very encouraging;
she told me a lot of information.
She was kind, and she made me
feel comfortable and safe.**

– Client



**It is an honor and privilege
for me to be allowed into such
a sacred time and space.**

– NYC Doula



**I was extremely nervous being
a first-time mother, and even
more nervous because I had a
C-section. But my doula was very
helpful...and just did everything
to make sure I didn't stress
myself out or stress the baby.**

– Client



**I think one of the most
important aspects of our work
as doulas is supporting the
wishes, needs, and autonomy of
pregnant and birthing parents.**

– NYC Doula





For more information on the NYC Health Department's free Citywide Doula Initiative and other professional doula services in NYC, call 311, visit nyc.gov/health/doula or scan the QR code below.



This material was created in collaboration with the Maternity Hospital Quality Improvement Network (MHQIN) and Doula Capacity-Building Workgroup. For information about the MHQIN, visit nyc.gov/health and search for **Equity in Maternal Care**.