



# Pregnant?

## You can benefit from doula care

### What is a doula?

A doula is a professional, trained childbirth assistant who provides nonmedical support and:

- Helps you prepare and carry out your childbirth plans
- Guides and supports you during labor and childbirth
- Helps you with breastfeeding and caring for your newborn

### Studies show that pregnant people who work with doulas:

- Have a shorter labor
- Are less likely to have a C-section
- Have a better childbirth experience

### How can you find a 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](https://nyc.gov/health/doula) or scan the QR code at right.

