

Eight reasons to hire a doula - A professional labour coach

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There are many reasons why women hire doulas to support them at birth. The following list represents the top reasons a mother would choose to have a doula support her and her family at birth. You should consider including a doula as part of your birth team if any one of the following apply to you:

This is your first baby

A doula will act as your personal guide through this unfamiliar and exciting process. Doulas are trained and experienced at empowering mother's to have a positive birth experience. They encourage, reassure and nurture the mother as well as provide vital information.

You expect to have a normal birth

Several studies have shown that a doula's attendance at birth has dramatically decreased a mother's chance of having medical intervention(s).

Your primary caregiver is a doctor or obstetrician

A doctor or obstetrician joins the mother when she is in transition or approx 8-10 cms dilated. The doula usually joins a mother when active labour starts or when the mother requests additional support. The doula provides a familiar continual presence for the duration of labour offering comfort measures, reassurance and encouragement.

You anticipate being alone at birth (no partner or family member to attend)

A doula can be a welcome and familiar face amongst many unfamiliar hospital staff. The doula is familiar with your expectations, hopes and concerns for birth. They can act as your advocate and primary support.

You feel anxious or fearsome about your upcoming birth

A doula provides emotional support, listening to your concerns and providing reassurance and education about the birth process.

You believe you may have difficulties coping with pain

A doula has many strategies to share with a mother to help cope with the pain associated with childbirth. Massage, breathing techniques, and visualization are just a few examples of pain management strategies.

You feel that you and your partner will benefit from additional support

A doula can enhance a dad's experience by helping him to be involved in supporting the birth as much as he is comfortable. A doula can help the father share in the experience of birth with confidence.

You desire a positive birth memory

A doula can preserve your birth memory, fill in any blanks from your experience, and keep your birth moment sacred.

