



What Does a Birth Doula DO?

Vaginal Birth	Cesarean Birth
<p>Physical Comfort:</p> <ul style="list-style-type: none">• Massage• Counter pressure• Rhythm, relaxation, and ritual• Acupressure• Tension awareness and relaxation• Effective use of water (hydrotherapy)• Position changes• Heat and cold• Breathing techniques• Rebozo techniques• Tens Machines <p>Informational Support:</p> <ul style="list-style-type: none">• Applying information in a practical way in the moment• Suggesting questions in conversation with care providers• Develop birth preferences• Articles archives, reading libraries/recommended reading• Source evidence based data• Prenatal meetings to discuss preferences, risks and benefits of procedures• Process what you've learned in classes and apply it to YOUR family's needs and preferences. <p>Emotional Support:</p> <ul style="list-style-type: none">• Focus on supporting you• Encouragement, reassurance, and feedback• 'Goalposting'• Working through concerns/fears/developing confidence• Rephrasing• Visualizations• Distraction• Focal Points• Non-judgemental listening before, during and after the birth	<p>Physical Comfort:</p> <ul style="list-style-type: none">• Focus on relaxation• Massage, especially of shoulders, hands, and neck• Breathing techniques• Heat and cold to face and neck• Assistance with feeding and positioning after surgery <p>Informational Support:</p> <ul style="list-style-type: none">• Discussing risks and benefits of surgery• Addressing any concerns you have• Developing your preferences for birth• Developing a plan for the first days and weeks after surgery• Feeding information• Repeat caesarean or VBAC information, support group referrals, and recommended reading <p>Emotional Support</p> <ul style="list-style-type: none">• Focus on supporting you• Encouragement, reassurance, and feedback• Keeping you and your partner informed during the surgery• Working through concerns/fears/developing confidence• Rephrasing• Visualizations• Distraction• Focal Points• Non-judgemental listening before, during and after the birth