

DOULA INFORMATION NIGHT

JUNE 24, 2013 | 6:00 - 8:00 PM



PART I: WHAT IS A DOULA? DO I NEED A DOULA? | 6:00-7:00PM

Join other new and expectant parents for a night of FREE education on what a doula is, what a doula does, and how a doula's presence can benefit your birth! We will answer many common questions birth and postpartum doula services, such as:

- What does a doula do? What do services usually entail?
- Why would I want to hire a doula?
- How would a doula work with my partner?
- How would I go about finding the right doula?

Studies¹ have shown many benefits of working with a doula, including:

- Shorter labors
- Fewer requests for epidurals
- Less frequent use of forceps or vacuum
- Increased confidence in birth partners
- Fewer cesareans [OR Lower cesarean rate]
- Increased success with breastfeeding
- More time to bond with your baby
- An easier transition into parenthood

PART II: HOW TO FIND A DOULA/MEET THE DOULAS | 7:00-8:00PM

Doulas from in the Greater Boston Area will answer your questions, offer personalized referrals, and represent some of the wonderful variety of personalities, ages, backgrounds, and skills you can find in a birth or postpartum doula. Expectant parents will have time to meet individual doulas and conduct brief interviews with them.

¹For summary study details, go here: www.dona.org/PDF/BDPositionPaper.pdf

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