

# DOULAS

## What is a Doula?

A doula, also known as a birth companion, birth coach, or post-birth supporter, is trained to provide physical and emotional support to a birthing person before, during, and after childbirth.

## What Does a Doula Do?

- **Before Birth:**
  - Help design a labor plan
  - Provide information about birth classes and the birth experience
  - Attend doctor visits with you
- **During Labor and Delivery:**
  - Guide you on your chosen comfort measures (breathing, movement, positioning, comforting touch)
- **Post-Birth:**
  - Understand baby's motions and sounds
  - Soothing techniques
  - Support your choice of feeding method

# Why Have a Doula?

Studies show that birthing people who have doula support have better birthing outcomes: Lower rates of preterm birth, low birth weight infants, and C-sections.

## Need a Doula?

In Monroe County

Call: 585-710-3159

Outside of Monroe County

CALL: 315-781-8448

Finger Lakes Performing Providers System (FLPPS) is partnering with HealthConnect One, Healthy Baby Network, and Finger Lakes Community Health on a two-year initiative to innovate Healthy Baby Network's Black Doula Collaborative, which will improve the health and well-being of women, infants, and birthing families.

Doula services through this partnership are available for free to eligible birthing persons.

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HealthConnect One is the national leader in advancing equitable, community-based, peer-to-peer support for pregnancy, birth, breastfeeding, and early parenting.