

Doula care in Maryland

TODAY:
WHAT IS A
DOULA?

SO, WHAT IS A DOULA?

***A doula is
an individual
who provides
non-clinical
support:***



***physical
emotional &
informational***

TYPES OF DOULAS

Depending on the type of doula, they may offer support during:

- *Pregnancy*
- *Labor & delivery*
- *Abortion*
- *Post partum period*

TYPES OF DOULAS

Some doulas (often community-based doulas) provide “on-call support”



Other doulas (generally birth doulas) only visit a couple of times

Come back Wednesday for more information about community-based doulas!

WHAT ELSE DO BIRTH DOULAS DO?

They do a lot, but here are some main points:

- They can facilitate communication between the pregnant person and medical professionals
- They make sure the pregnant person's needs and wishes are being met
 - Pregnancy and birth are vulnerable times, and the pregnant/birthing person may not be comfortable advocating for themselves
- They offer comfort, love, and support — pregnancy and birth are stressful!

THAT'S IT FOR TODAY

***Come back tomorrow to
learn about the benefits of
doula care!***

***(HINT: There are
LOTS of them)***



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