

Doula care in Maryland

TODAY: THE BENEFITS OF DOULA CARE

DON'T FORGET



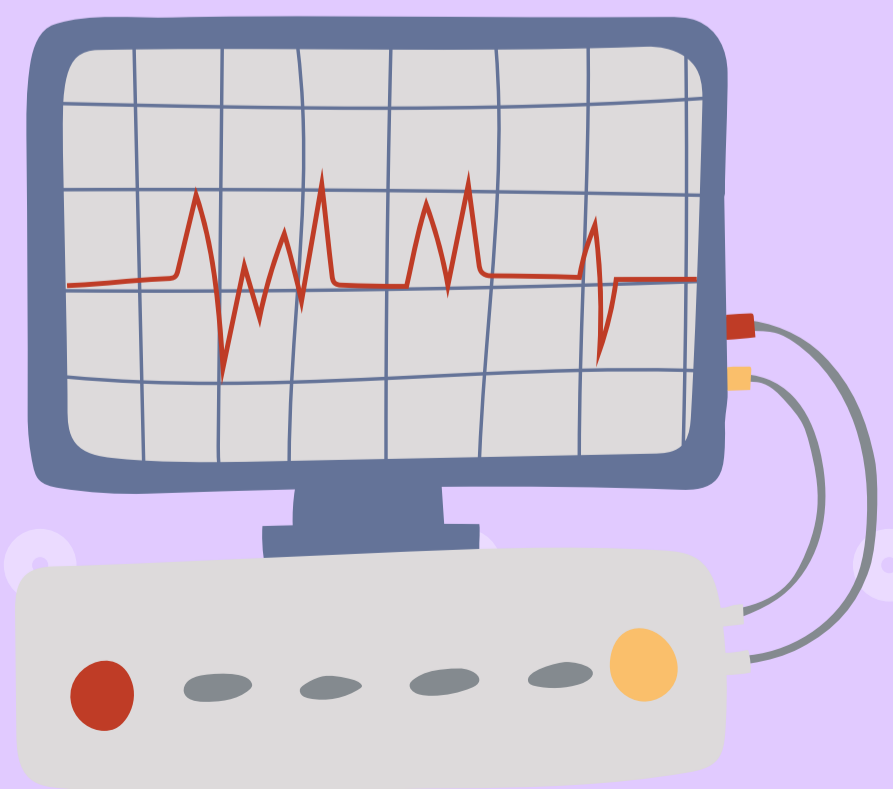
Check out yesterday's post:
what is a doula?



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1

BIRTH
DOULAS
REDUCE THE
NUMBER OF
NEONATAL
INTENSIVE
CARE UNIT
ADMISSIONS



2

THEIR
CARE ALSO
REDUCES THE
NUMBER OF
CESAREAN
BIRTHS AND
THE USE
OF PAIN
MEDICATIONS



3

THEY HELP
FOSTER
HEALTHY
PRACTICES
AND
POSITIVE
FEELINGS
ABOUT BIRTH



4

THEIR
CARE CAN
IMPROVE
MATERNAL
HEALTH
OUTCOMES
FOR PEOPLE
OF COLOR
AND REDUCE
DISPARITIES

5

THEY FACILITATE
COMMUNICATION
BETWEEN A
PREGNANT
INDIVIDUAL AND
CLINICAL
HEALTHCARE
PROVIDERS



6

MORE DOULA
CARE CAN
REDUCE
MEDICAL
COSTS
(ASSOCIATED
WITH BIRTH
COMPLICATIONS)



Of course, these are just some of the benefits of doula care. There are many not mentioned here, lots of which have to do with experiences other than birth.

That's it for today! Come back tomorrow to learn about the community-based model of doula care.



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