



WHAT IS A DOULA?

Physical and Emotional Support

Doulas understand the changes that happen during pregnancy. They will suggest comfort measures before, during and after birth. Doulas encourage and support parents.

Evidence-based Information and Decision Support

Doulas are trained to understand what families need. The doula offers reliable information so you can make informed choices about your birth and your baby.

CCA CARES ABOUT YOUR PREGNANCY

We know pregnancy is a special time for families that can also bring challenges. That's why we offer free doula services to support our members during motherhood stages: pregnancy, labor & birth, and postpartum (after childbirth).



DOULAS HELP
MAKE BIRTH
BETTER

FEWER MEDICAL
INTERVENTIONS

FEWER
C-SECTIONS

IMPROVED
SATISFACTION

SHORTER LABOR

**Commonwealth
Care Alliance®**

commonwealthcarealliance.org

Member Services
1-866-610-2273 (TTY: 711)
8 am to 8 pm, 7 days/ week

WHAT CAN I EXPECT FROM MY DOULA?

Doulas do not provide medical care or advice, but they do offer many valuable benefits. The doula will arrange to meet with you in your home or other location of your choosing and is available by telephone for questions.

For the Mom

- Evidence-based information and decision support to help you feel in control of your health and birth experience
- Comfort measures for pregnancy, birth and postpartum
- Help with accommodation for those with mobility challenges
- Facilitation of communication with medical care providers
- Help with creating a birth plan
- Trauma-informed support with respect and attention to your needs
- Labor and birth support at a level that feels comfortable for you
- Breastfeeding and infant care information and support
- Emotional and practical support for postpartum recovery
- Encouragement for developing your own parenting style

Partner Support

- Doulas understand and support the partner and other family or friends who are important to the pregnant person's health and well-being.
- Doulas understand everyone involved has needs and is a great resource for everyone.

Credentials

CCA Doulas receive special training and earn certification through DONA International, the leading doula training organization in the world.

For more information about doulas, visit the DONA website – www.dona.org

