



What is a doula?



A doula is:
a skilled, certified birth support person that provides expectant moms with emotional, physical and informational support they deserve during pregnancy, delivery and after birth.

Your doula can help with:

- ◆ Creating a birth plan
- ◆ Breastfeeding
- ◆ Postpartum care
- ◆ Adjusting to your newborn
- ◆ Connecting you to a Community Health Worker who can provide additional resources
- ◆ Providing resources for fathers

**For more information,
please contact:
Phone: 609-695-1977**