



Hearts & Hands Volunteer Doula Program

Hearts & Hands
Volunteer
Doula
Program...support
for you, your partner
& family at **no cost**.

For more information
visit us online at
cchealth.org/doula
or ask when you arrive
at that hospital.

...Building a meaningful
birth experience





What is a doula?

Doulas offer comfort and emotional support to pregnant women and families during labor, birth and recovery. Doula support has been scientifically shown to improve satisfaction with the birth experience, improve health outcomes and to help avoid unnecessary cesarean births.

CCRMC doulas are trained, qualified volunteers with passion and skills to help you have a meaningful and safe birthing experience. Doulas work with nurses, midwives and doctors, but they are not medical personnel.

CCRMC doulas offer:

- ✓ Support while you are staying in the hospital, at no cost
- ✓ Pain-relieving position changes, ways to breathe, massages, coaching and mentoring. Most importantly, doulas listen to what you want help with.
- ✓ Support during all kinds of labors and births, with or without pain medication or epidural use.
- ✓ Assistance with recovery, breastfeeding skills, skin-to-skin and comfort for your baby.
- ✓ Recommendations for your birth team, helping them to best support you.

How can I get a CCRMC doula to be at my birth?

Just ask! Tell your healthcare provider you would like support from a doula when you arrive at the hospital. Doulas are available to help you on request. You can ask for doula support at any point in your stay at the hospital, day or night, and we will do our best to locate an available doula to come help you.

During your birth a doula can help you feel...

CONFIDENT

READY

SUPPORTED

STRONG

SAFE

COMFORTABLE

CALM

CAPABLE

RESPECTED

