

DOULA SERVICES

WHAT IS A DOULA?

A non-medical professional that supports pregnant people & families by:

Answering questions about pregnancy, labor and after birth.

Providing comfort through physical support.

Offering emotional support.

ABOUT THE DOULA NETWORK (TDN) DOULAS

TDN doulas are certified, First Aid + CPR trained, carry professional liability insurance, HIPAA certified and Level 2 background screened.

What does a doula do?

DO'S

- PROVIDE HANDS-ON SUPPORT
- PROVIDE EVIDENCE-BASED EDUCATION MATERIALS
- PROVIDE EMOTIONAL SUPPORT
- RESPECT EVERYONE ON MEDICAL TEAM
- SUPPORT THE CARE TEAM WHEN NEEDED

DON'TS

- PERFORM MEDICAL PROCEDURES
- DIAGNOSE, TREAT, OR INTERVENE DURING MEDICAL TREATMENT
- GIVE MEDICAL ADVICE
- TAKE PLACE OF MEDICAL PERSONNEL

WHY HAVE A DOULA?

Higher rates of breastfeeding

More positive feelings about birth

Shorter labor.

Lower chance of preterm birth.

Lower request for epidurals.

Lower rate of cesarean.

THE DOULA BENEFIT

- Up to five (5) prenatal and/or postpartum visits.
- In-person labor support at birthing location.
- Text, email and phone support provided between visits.
- 24/7 on-call support from 37 weeks until birth.
- Visits can be at home, a doctor's office or a public place.

MORE INFORMATION

Contact the doula team by emailing hello@thedoulanetwork.com or calling 1-877-436-8527.



Iowa Health Link
Iowa HHS



Hawki
Iowa HHS