

# WHAT IS THE DIFFERENCE BETWEEN A BIRTH AND POSTPARTUM DOULA?

## BIRTH DOULA:



**Continuous support  
before, during and after  
labor**



**Evidence-based information  
for informed decisions**



**Comfort measures like breathing,  
positioning, and touch**



**Connection to resources and  
referrals**

## POSTPARTUM DOULA:



**Support during postpartum  
transition and healing**



**Assistance with newborn  
care and infant feeding**



**Practical help in home such as  
light cleaning, cooking, and  
organizing**



**Connection to resources and  
referrals**