

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