

Benefits of Having a Doula

LOWER
LEVELS OF
FEAR &
ANXIETY

Stronger
family/infant
bonding

REDUCED
CESAREAN
RATES

Reduced need
for forceps and
vacuum
assistance

MAY
SHORTEN
LABOR

Improved
communication
with labor
team

Greater
ability to cope
with the
unexpected

LESS
POSTPARTUM
MOOD
DISORDERS

Higher
satisfaction
with birth
experience

Lower
perception
of pain

IMPROVED
NEONATAL
OUTCOMES

Doulas...

provide continuous labor support for all births

offer breast- or bottle feeding support

inform expecting and new families

provide physical and emotional support



MIGHTY MAMA
DOULA SERVICES