

The Doula Profession

Objectives

- Describe the work of doulas
- Understand the benefits of doulas
- Explore your intentions for becoming a doula

Outline

- I. The Work of the Doula
 - A. Support
 - B. Encourage
 - C. Create Confidence
 - D. Advocacy
 - E. Provide Information
 - F. Facilitate Relationships
 - G. Validate
 - H. Respect
 - I. Role Model

II. Benefits of Labor Support

- A. Decreases rate of complications
- B. Shortens length of labor
- C. Reduces incidence of cesarean birth
- D. Reduces need for pain medication
- E. Reduces anxiety

III. Identify Intentions for Becoming a Doula
