

# 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

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