The
Doula Model of Care - Birth

CHILDBIRTH KINGSTON

1 How are Doulas different than Midwives?

Doulas have a very different role to Nurses, OBs, and Midwives. Doula care does not involve medical care.

Doulas specialize in providing **Emotional, Informational, Physical** and **Partner** care.

We encourage **Self-Advocacy** in order to support our clients to take an active role in their Birth experience and choices.

What does Emotional care look like during Birth?

Like every mammal on the planet, Humans need to feel safe in order to give Birth.

A Doula's role in the Birth space is to offer reassurances, encourage calm, build confidence, and help make the Birth room feel cozy and safe.

We specialize in mental and emotional comfort and coping techniques. We use these tools to encourage confidence in the process, and **create environments where Oxytocin can thrive!**
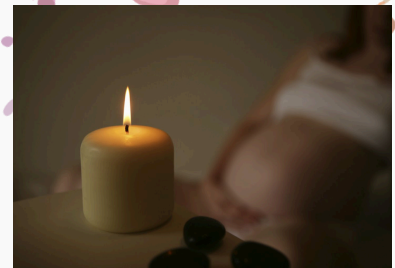
Tools: Mood lighting, Music, Breathing and Rhythm, visualization, calming techniques, mindfulness, and more!
Ways to conserve energy!

What does Informational care look like during Birth?

True **Informed Decision Making** requires knowledge of Birth Physiology.

A Doula's make sure labouring people are aware of:
- What is happening in their own bodies,
- What to expect through the experience,
- What their choices are, and
- The Benefits/Risks and Alternatives of each choice (BRAIN).

Birth is a Physiological (automatic) function of our bodies that has evolved over millions of years.
Knowledge of the normal processes of Birth and WHY they occur, is an essential part of making **Informed Choices.**

Doulas don't perform clinical tasks, but we actively keep up-to-date on research and current evidence on **best practices**.

A Doula is not there to make choices, but instead to make sure all the information about that choice is presented.

A Doula is there to make sure families feel ownership and confidence over their preferences and decision making.

What does <u>Physical care</u> look like during Birth?

Birth should be a balance of **active** movement and **dreamy bliss**.

Doulas acknowledge Birth as an instinctual process, and we use **gravity, position changes** and **counter pressure** to make Labour more effective and comfortable!

We also use **relaxation** techniques to optimize **rest,** encourage sleep and help conserve energy.

Physiological Birth requires a balance of both!

Tools: Birth/Peanut Balls, Massage, Counter pressure, Acupressure, Position changes, Water therapy, Dancing and Movement, etc!

2 How do I find a Doula in the Kingston area?

Check out **Childbirth Kingston's** Doula Registry to find a listing of Doulas in your area that are currently accepting clients!

What does <u>Partner care</u> look like during Birth?

Partners and support people are experiencing their own **unique journey** through this process.

A Doula will work to make sure Partners:

- are encouraged in their important role during Pregnancy, Birth, Postpartum, and Parenting,
- are given space and time to experience their own emotions, and
- have the tools to Advocate for their partners and families.

3 What are the actual Benefits of the **Doula Model of Care**? What does the Evidence say?

The Doula Model of Care is effective, in part, because a Doula provides **Continuity of Care**. This means we work with you from Pregnancy, through Birth, and into the Postpartum.

It doesn't matter WHERE you give Birth, HOW you are planning to Birth, or WHO your provider is, a Doula is there to support YOU and your choices.

Doulas don't work for Healthcare providers, we work for you. We hope to guide you through Birth in a way that makes you feel safe and in control of your experience.

Continuous support from a Doula during Birth **Decreases your Risk** of:
- A Cesarean Birth (by 39%)
- Unwanted Pain medications (by 10%)
- Postpartum Mood Disorders

and **Increases your chances** of:
- A shorter labour (by 41 mins)
- Spontaneous Vaginal Birth (by 15%)
- Being satisfied with your Birth (by 31%)
- Successful initial lactation, latch and longer term body feeding.

For **Baby**:
- Improved Newborn outcomes (APGAR)