

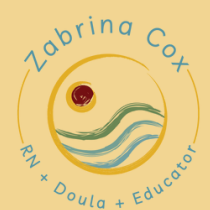
# What Is A Doula?

There is no one definition that could define all doulas as no two doulas are alike, and it is a term that continues to evolve. Below are some common definitions. In her article [Evidence On: Doulas](#), Rebecca Dekker shares the definition of a birth doula from Dr. Christine Morton, author of the book *Birth Ambassadors*. Dr Morton States, " a birth doula is a companion who supports a birthing person during labor and birth. Birth doulas are trained to provide continuous, one-on-one care, as well as information, physical support, and emotional support to birthing persons and their partners." [Childbirth and Postpartum Professionals Association](#) states labor doulas "fill an important role in providing emotional, physical, and evidence-based, informational support to the birthing client and their family before, during, and after birth." It is also important to note that there are many types of doulas. Most common, doulas are known as birth, labor or postpartum doulas. However, full-spectrum doulas can also offer support in adoption, abortion, bereavement, fertility, foster care and beyond. I provide services as a Certified Labor Doula including postpartum doula support and a bereavement doula in-training through StillBirthday.

## BENEFITS OF DOULA SUPPORT

- 39% decrease risk in cesarean
- 15% increase in the likelihood of a spontaneous vaginal birth
- 10% decrease in the use of any medications for pain relief
- 31% decrease in the risk of being dissatisfied with the birth experience
- 38% decrease in the baby's risk of a low five minute Apgar score
- 41 minutes Shorter labors on average

Source: [Evidence on: Doulas](#) Updated on May 4, 2019 by [Rebecca Dekker, PhD, RN](#).



Learn more about  
your options and hire  
a doula. Get started  
with a discovery call.



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