

BIRTH DOULAS

a person trained to provide advice, information, emotional support, and physical comfort to a mother before, during, and just after childbirth

Doula-assisted Black mothers are...

More likely

to **initiate breastfeeding**

to have overall **more positive** pregnancy experience

Less likely

to have a **low birth weight** baby

to **experience a birth complication*** involving themselves or their baby

Why Use a Doula?

Advocates for parent's wellbeing

Increases trust and emotional support

Supports and prepares families for childbirth

Increases communication between physician and patient

How Can Access to Doula Services be Improved?

Expand postpartum Medicaid coverage

Train more Black doulas

Advocate for insurance coverage of doulas

CHILDBIRTH COMPLICATIONS COSTS ROUGHLY

2X

MORE THAN CHILDBIRTH WITHOUT COMPLICATIONS

