

## HOW DO I FIND A DOULA?

To find a doula or to learn more about us,  
please visit our website:

[www.centralcoastdoulas.com](http://www.centralcoastdoulas.com)

We can be reached via email:

[info@centralcoastdoulas.com](mailto:info@centralcoastdoulas.com)

or by phone:

**(805) 299-1168**

This number will connect you to the  
CCD voicemail system.

When contacting us, please provide your  
name, phone number, address, email address  
and preferred method of contact. We will be  
happy to get back to you and to send you a  
referral list of available doulas.

You may wish to interview a few different  
doulas\* so that you may find exactly the right  
doula to meet your needs.

By providing this service, the Central Coast  
Doula Association (CCD) does not guarantee  
any outcome related to your personal birth or  
postpartum experience.

*\*Fees will vary based on experience  
and services offered.*

## QUOTES

“So many women look at childbirth as a chore or a  
terrible, scary experience, but thanks in great part to  
the support our doula provided to both my partner  
and me, we both look back at the experience as  
a beautiful, enlightening event.”

-Mother

“...we had a magical birth experience that flowed  
freely with many memorable moments culminating in  
the delivery of our beautiful child.

I could not imagine this experience being as smooth as  
it was without our doula's professional capacities.”

-Father

“The doula was an invaluable resource for myself and  
an advocate for the mother.”

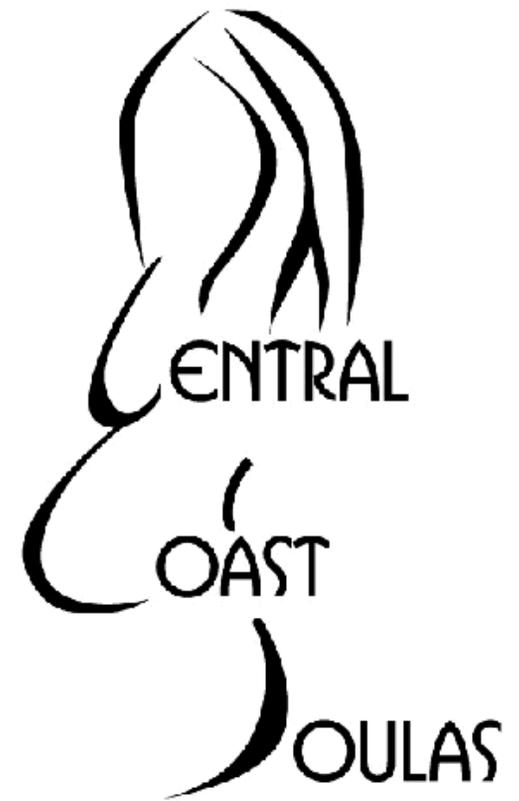
-Nurse

“You are my hero. Without you it would have been an  
epidural all the way”

-Mother

“Our doula's support was always performed in the  
most professional, caring and considerate manner we  
could have hoped for. Her interaction with my wife  
was supportive, sensitive, reassuring, and positive.  
She also worked in a very thoughtful and attentive  
manner with myself and the hospital staff, providing a  
comfortable context for each participant to experi-  
ence and contribute to the birth in their own way.”

-Father



Dedicated to the support and education of  
women and families in creating an empowering  
birth and postpartum experience

Central Coast Doula Association

(805)299-1168 (voice mail)

[www.centralcoastdoulas.com](http://www.centralcoastdoulas.com)

[info@centralcoastdoulas.com](mailto:info@centralcoastdoulas.com)

PO Box 3502

Santa Barbara, CA 93130

## WHAT IS A DOULA?

The word “**doula**” comes from ancient Greek and is now used to refer to someone experienced in childbirth. A labor/birth doula provides continuous physical, emotional, and informational support to the mother before, during, and just after childbirth. A postpartum doula provides emotional and physical support during the postpartum period.



### A birth/labor doula:

- ♥ Recognizes childbirth as a key experience the mother will remember all her life.
- ♥ Understands the physiology of birth and the emotional needs of a woman in labor.
- ♥ Assists the family in preparing for and carrying out their plans for their birth.
- ♥ Stays with the woman throughout labor.
- ♥ Facilitates communication between the laboring woman, her partner, and clinical care providers.
- ♥ Encourages the woman’s partner to participate at his/her comfort level.

### A postpartum doula:

- ♥ Offers evidence-based information on breastfeeding, emotional and physical recovery from childbirth, infant soothing, and coping skills.
- ♥ Assists with newborn care, family adjustment, meal preparation, and light household tidying and organization.



## HOW DO I CHOOSE A DOULA?

You will probably want to consider talking to several doulas to find the right person for your needs and desires for your birth.

To find a compatible doula, you might consider asking the following questions:

- What training have you had?
- How long have you been practicing?
- What has your experience been with childbirth?
- What is your fee, what does it include, and what are your refund policies?
- Do you have a backup doula for times when you are not available? May we meet her?
- What is your philosophy about birth and how does that affect your support of women and their partners through labor?
- When do you try to join women in labor?
- During labor, do you come to our home or do you meet us at the hospital?
- Do you provide postpartum support?

Your feelings and intuition will help guide you in finding the right doula for you.

## BENEFITS OF HAVING A DOULA

- 25% decrease in length of labor
- 50% decrease in cesarean births
- 60% decrease in epidural use
- 30% decrease in use of forceps and vacuum extractor
- 40% decrease in use of pitocin
- 30% decrease in use of narcotics

### Long term benefits of using a doula include:

- Greater maternal satisfaction
- Reduced maternal postpartum depression
- Improved breastfeeding
- Better mother-infant interaction

Compiled from *The Doula Book* by MH Klaus, JH Kennell, and PH Klaus; Perseus Book Group, November, 2002.

## About The Central Coast Doula Association

The main purposes of the Central Coast Doula Association (CCD) are: to provide a strong communication link among practicing doulas, the childbearing public, maternity caregivers and others interested in learning more about labor and postpartum support; and to facilitate continuing education and professional development for its members.