

YOU DESERVE A DOULA

What is Doula?

A doula is a trained non-clinical birth professional that provides individualized support to pregnant persons and their families during pregnancy, birth, and during the postpartum (after delivery) period.

Doulas go through specialized training to gain the knowledge and practical experience necessary to support you. Their undivided attention to you and your values make them a core member of your care team.

Doulas are non-medical care providers and they do not replace medical staff such as OBs or nurses.

YOUR DOULA PLACES YOUR NEEDS AT THE CENTER OF YOUR CARE

Doula support can make a significant difference in your pregnancy and birth experience! Women, especially Black women with culturally appropriate doula support:

- Experience lower rates of unnecessary C-sections
- Deliver healthier newborns
- Experience lower rates of postpartum depression
- Are more likely to receive recommended postpartum care from their provider
- Experience lower rates of delivering preterm. Preterm birth is when a baby is born early--37 weeks or sooner. Babies born too early are more likely to die before their first birthday
- Initiate breastfeeding at higher rates and breastfeed their babies longer

BLACK Doula Network

BLACK Wellness & Prosperity Center's goal is to improve well-being and prosperity in the Black community by serving the unmet needs of Black mothers and babies. The BLACK Doula Network builds Fresno's missing doula infrastructure needed to support Fresno's Black birthing community, and those who would like to become doulas.

DOULA with US!

The Doula Training will be available at no-cost for Black women from Fresno -Learn more at our website here: www.blackwpc.org/black-doula-network

COMMUNICATION ADVOCATE

Doulas listen to you and advocate for your voice in health care settings. Doulas help you navigate questions, routine procedures, concerns and more to ensure that you and your provider will decide your care plan together.

BIRTH PLAN

You and your doula will work together to develop a birth plan centered around your needs and values and help you communicate your desires for your birthing experience to your provider.

PAIN MANAGEMENT

Doulas can help you manage labor and delivery pain through non-medical pain relief such as meditation, massage, and exercises.

AFTER DELIVERY

Your doula will be there to support you in caring for yourself and your newborn. Doulas help keep babies safe by sharing safe ways to sleep your baby and supporting you with breastfeeding.

If needed, your doula can help identify special needs, such as postpartum depression symptoms.

Your doula can even help you coordinate your postpartum visit and help identify other community resources that may benefit your health and wellbeing, such as transportation or healthy food.