



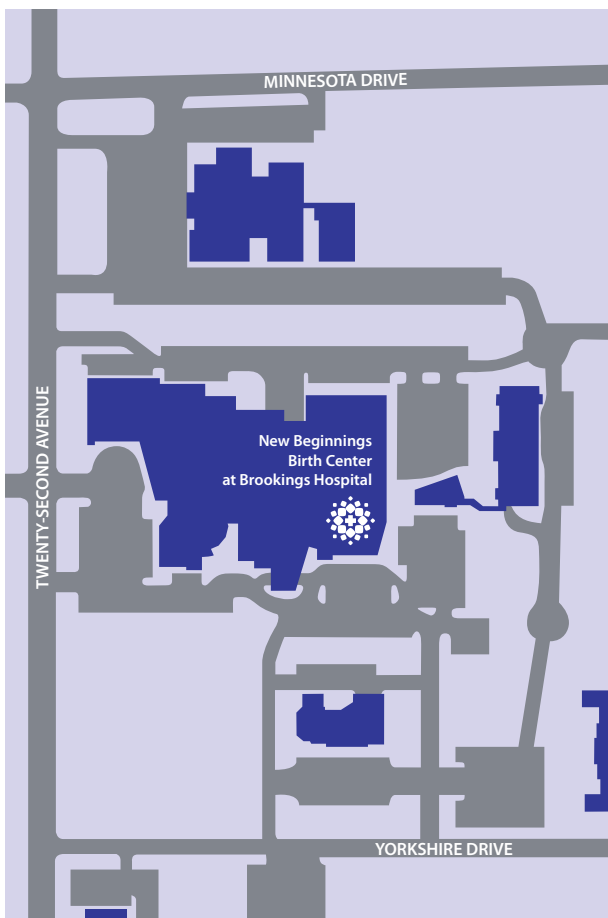
Doula Program at Brookings Health System

Welcome to one of the most amazing experiences of your life: pregnancy and childbirth.

During this time, much care and attention will be placed on the baby inside you, but it's also an opportunity to focus on your needs. That's why Brookings Health System created our doula program.



For more information, please call
(605) 696-8053
or visit
www.brookingshealth.org/doula



Brookings
HEALTH SYSTEM

New Beginnings
Birth Center

Phone: (605) 696-8053
brookingshealth.org



Inspiring Health

F-OB-43



Doula Program



Brookings
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What is a doula?

A doula is a woman who provides continuous labor support during childbirth, works together with the mother and her partner to assist with emotional and physical support, and uses relaxation techniques such as positioning and massage.

“Doula” is a Greek term meaning “to mother the mother.” Doulas are women who are passionate about birth and are dedicated to making the experience as comfortable and memorable as possible.

Doulas have statistically been proven to reduce the use of epidural anesthesia and the Cesarean section rate.

What techniques are most commonly used by doulas?

A doula is trained in massage, pressure point relief and positioning. Doulas provide physical and emotional support using music, aromatherapy, relaxation and visualization. Birthing ball use is an important component as movement is essential in labor.

Husband or other support person?

No, the doula enhances the couples experience by providing continuous support, as it is needed. Doulas can model these techniques for the father or partner, allowing them to better support the laboring woman.

Does having a doula mean only natural childbirth?

No. It is your birth experience and you and your support people decide on the best choices for you. Doulas can assist with Cesarean births and in births where epidurals are used. If you wish to have a medication-free birth experience, a doula can assist you with alternative pain relief measures. They will also provide breastfeeding support afterward.

How does a doula partner with the medical staff?

The doula is part of the team providing physical and emotional support. The doula provides non-clinical care for the laboring woman and partner. Doulas do not perform cervical exams or fetal monitoring. Doulas use safe and gentle measures to comfort the laboring woman. The nurse and doctor monitor the clinical aspects of labor. Doulas do not make decisions for the mother or partners, but can assist in creating a birth plan.

Postpartum Doulas

Postpartum doulas help parents in the first days after delivering a new baby to help them transition and adjust to having a newborn. They help parents with items like infant feeding, emotional and physical recovery from birth, mother-baby bonding, infant soothing and basic newborn care during their postpartum stay at Brookings Health System.

How do I get more information regarding doulas at Brookings Health System?

E-mail Obstetrics Director Mary Schwaegerl at mschwaegerl@brookingshealth.org or call Brookings Health System at (605) 696-8053.

Volunteer Doulas

Brookings Health System may be able to provide you with a doula at no cost to you. Brookings Health System has doulas who are fully certified or working towards certification and volunteer their services. Contact the Obstetrics Director to find out more about this option.

