

What are the benefits of using doula services?

What is a doula?

- Doulas are trained caregivers who provide physical comfort and emotional support, along with helping to address concerns and find resources during pregnancy and the postpartum period.



Role of a doula:

- Provide support throughout the pregnancy for a positive birthing experience.
- Assist in finding the right obstetrician, midwife, or birthing setting of your choice.
- Use non-medical methods of pain management during childbirth.
- Assist in understanding choices, and communication with healthcare providers.
- Assist with postpartum healing, breastfeeding, and bonding with baby.
- Some doulas may also help with household tasks during the postpartum period, to allow more bonding time with baby.

Benefits of doula services:

- More likely to have a shorter labor.
- Less likely to use pain medication.
- Support person by your side throughout pregnancy and postpartum period.
- Personal advocate (support person), to ensure that your birth plan is followed by all medical providers, every step of the way.

If you are pregnant, contact Special Beginnings for additional information and resources.

- Email: TXSBMedicaid@bcbstx.com
- Phone: [1-888-421-7781](tel:1-888-421-7781)