# DOULA SERVICES

# WHAT IS A DOULA?

A non-medical professional that supports pregnant people & families by:

**Answering** questions about pregnancy, labor and after birth

Providing comfort through physical support

Offering emotional support

# **ABOUT TDN DOULAS**

TDN doulas are certified, First Aid + CPR trained, carry professional liability insurance, HIPAA certified, and background checked

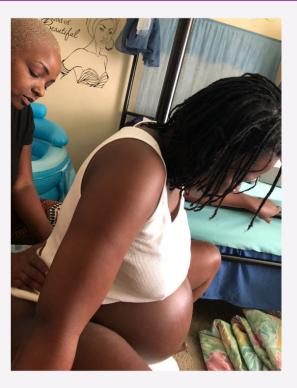
# What does a doula do?

#### DO'S

- PROVIDE HANDS-
- PROVIDE EVIDENCE-BASED EDUCATION MATERIALS
- PROVIDE EMOTIONAL SUPPORT
- RESPECT EVERYONE ON MEDICAL TEAM
- SUPPORT THE CARE
  TEAM WHEN NEEDED

# DONT'S

- PERFORM MEDICAL PROCEDURES
- DIAGNOSE, TREAT, OR INTERVENE DURING MEDICAL TREATMENT
- GIVE MEDICAL ADVICE
- TAKE PLACE OF
  MEDICAL PERSONNEL



# THE DOULA BENEFIT

- 1:1 Visits during pregnancy and after birth
- In Person Labor Support at Birthing Location
- Text, email, and phone support provided between visits
- 24/7 on-call support from 37 weeks until birth
- Visits can be at your home, doctor's office or public place.

#### **MORE INFORMATION**

Contact the doula team by hello@thedoulanetwork.com or calling 877.436.8527