

Healthy Birth

Practice #3

BRING A LOVED ONE, FRIEND OR DOULA FOR CONTINUOUS SUPPORT

- Continuous support decreases the risk of cesarean birth, augmentation, and the use of medications for pain relief.
- Doulas provide emotional, physical, and educational support throughout pregnancy and birth.

PRO TIPS:

- Hire a Doula! The cost varies on your doula's experience and package options. Many doulas work on a sliding scale. It is absolutely worth the investment.
- Make sure anyone who is going to be supporting you in labor understands your birth plans and understands the kind of support you are looking for.

