

doula noun

dou·la | doo-LAH | \ 'dü-lə \

Doula is a Greek word that means “woman-servant”.

- Doulas provide support, comfort and health education during pregnancy and childbirth.
- Doula support can help shorten length of labor, decrease use of pain medication and risk of C-section.
- Doulas also provide advice on newborn care and provide support to mothers after pregnancy.



The Health Net Community Doula Team (Photo by Maggie Ehrig)

Visit us at



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Doula Program**

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COMMUNITY SOLUTIONS



Health Net Community Doula Program

**PREGNANCY & CHILDBIRTH
SUPPORT FOR AFRICAN-
AMERICAN MOTHERS**



*Coverage for
every stage of life™*



Pregnancy and childbirth services



PRENATAL CARE

Your Doula will meet with you during your pregnancy to help you to learn ways to stay happy and healthy. She will educate you about what to expect during labor and help you to create a birth plan.



CHILDBIRTH SERVICES

Your Doula will meet you at your home or hospital when you go into labor. She will help you cope with labor and show your partner how to support you. Your Doula will also help you to talk to your doctor and nurse about what you want and need during labor.

Doulas teach pregnant women childbirth techniques to achieve their desired birth outcomes.



POST PARTUM SUPPORT

After you get home from the hospital, your Doula will visit you and teach you how to care for yourself after childbirth. She will also answer any questions you have about breastfeeding and newborn care.

AWMNH also has support groups for new fathers and partners.

About the Program

Health Net has joined The Association of Wholistic Maternal and Newborn Health (AWMNH) to present the Community Doula Program.

This program offers support for African-American women to have a healthy, happy pregnancy and childbirth.

AWMNH also teaches fathers and partners ways to help mom throughout her journey.

