

Birth Doula Support



Doulas of Rhode Island

BIRTH DOULA ROLE



Doulas work for their client. Not a facility or a provider. We focus on the families we support emotionally, physically and without judgement.

A doula's presence enhances the birth experience through comfort, guidance, encouragement, options and advocacy.

Research shows that people who use a birth doula are:

- less likely to need Pitocin
- less likely to have a surgical birth
- less likely to use any pain medication
- more likely to rate their childbirth experience positively
- less likely to struggle postpartum



FIND A DOULA



- Read doula bios on our website
- Set up a few free interviews
- Pick your person and sign a contract
- OR fill out the contact form on our website



By law, all RI commercial health plans and Medicaid must provide a "doula benefit" for: prenatal meetings, labor and delivery support, and postpartum care. Coverage varies by plan. Contact your specific insurance provider.

If you have out-of-state insurance many doulas accept payment plans, sliding scales & HSA/FSA.

INVESTMENT



ADDITIONAL SUPPORT



Doulas Conectadas: Latine and Spanish-Speaking doulas
Sista Fire: Doulas of Color Network
Urban Perinatal Education Center: Perinatal health, education and services
RI Birthworker Co-op
Rhode Island Abortion Doulas



@DOULASOFRHODEISLAND



www.doulasri.org



admin@doulasri.org

Postpartum Doula Support



Doulas of Rhode Island

POSTPARTUM ROLE



Postpartum doulas offer support after birth and into the “fourth trimester”. The transition into parenthood can be overwhelming for a new family.

Postpartum doulas are trained in emotional support, active listening and encouraging new parents to follow their own hearts.

Research shows that people who use a postpartum doula are:

- less likely experience postpartum depression
- higher self esteem
- less likely to have anxiety
- more likely to breastfeed successfully



FIND A DOULA



- Read doula bios on our website
- Set up a few free interviews
- Pick your person and sign a contract
- OR fill out the contact form on our website



By law, all RI commercial health plans and Medicaid must provide a “doula benefit” for: prenatal meetings, labor and delivery support, and postpartum care. Coverage varies by plan. Contact your specific insurance provider.

If you have out-of-state insurance many doulas accept payment plans, sliding scales & HSA/FSA.

INVESTMENT



ADDITIONAL SUPPORT



Doulas Conectadas: Latine and Spanish-Speaking doulas
Sista Fire: Doulas of Color Network
Urban Perinatal Education Center: Perinatal health, education and services
RI Birthworker Co-op
Rhode Island Abortion Doulas



@DOULASOFRHODEISLAND



www.doulasri.org



admin@doulasri.org