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flap three

flap four

What is a Birth Companion?

Birth Companions are caring volunteers who are trained doulas and have excellent information about resources in this community for women who are making decisions and seeking support while pregnant and parenting.

“ Doulas understand that women have unique emotional, physical, and spiritual needs in the time surrounding birth. ”

Mothercraft™ Doulas Will:

- Meet with you in your home before your baby is born to get to know you and provide information and resources.
- Be available by telephone to answer questions.
- Be on call to attend your entire labour and childbirth with you.
- Provide emotional and physical support to you and your partner during childbirth.
- Encourage and reassure you after the birth of your baby.
- Provide breastfeeding support.
- Link you with other resources in the community.

Please call for more information:
613-728-1839 x289

The Mothercraft Birth and Parent Companion Program is funded in part by the Ontario Early Years Centre - Ottawa Centre, the City of Ottawa, and the United Way along with the generous contributions of foundations and community members.

Benefits of Doulas:

- Shorter labours
- Fewer interventions (epidurals, narcotic use, forcep/vacuum use, caesarean birth)
- Greater satisfaction with birth experience
- Less postpartum depression
- Greater success breastfeeding
- Someone you can count on for encouragement, information and support

The benefits of doulas are recognized by: the World Health Organization, the Society of Obstetricians and Gynaecologists of Canada, and the Medical Leadership Council, among others.

Birth Companions are available to Ottawa area women in need **absolutely free of charge**. You may call the program directly to learn more about how we can support you during pregnancy, childbirth and parenting. Mothercraft also offers doula services on a sliding fee scale through Mothercraft Birth Support, a social enterprise.

Birth Companions work together with you and your family, physician, midwife and other caregivers to support your needs regardless of your reproductive, birth, and parenting choices.

Volunteer

Mothercraft offers an array of volunteer opportunities that support families. Birth Companions, Parent Companions, Special Events, Clothing Cupboard and more!

When we work together all of our families can grow and thrive

