



flap one

flap three

flap four

### What is a Doula?

**A Doula is an experienced and caring woman who can support you and your family before, during, and after childbirth. The support offered by your doula will depend on your specific needs.**

“ 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

Mothercraft Birth Support is operated as a social enterprise made possible through the support of the Community Foundation of Ottawa.

### 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*

Mothercraft™ Doulas work collaboratively with you and your family, physician, midwife and other caregivers to support your needs regardless of the path you choose for your birth.

### Volunteer

Mothercraft offers an array of volunteer opportunities: Birth Companions, Parent Companions, Special Events, Clothing Cupboard and more!

For more information please visit our website and call 613-728-1839 ext 289

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

