

Extra Support For Your Birthing Journey

How A Doula Can Help

What is a doula?

Doulas are non-medical providers who empower birthing individuals by providing physical, emotional, and informational assistance.

A doula is an experienced birth partner who can support you and your family during pregnancy, delivery, and after delivery.

What a doula can do:

- + Answer your questions about pregnancy and discuss what to expect with labor
- + Meet with you to help you and your family prepare for birth
- + Work with you, your family, and your care team during labor and delivery to help
- + Make sure you feel supported
- + Meet with you after delivery to talk about your birth experience and how you're feeling
- + Educate you about breastfeeding or infant feeding and how to take care of your baby
- + Connect you with resources in your community based on your needs and ongoing support

Will my insurance cover this?

If you are pregnant or have an infant under 12 months old, many qualified insurance providers in Massachusetts now cover Doula services at no additional costs, including MassHealth.

Contact one of the services listed or your insurance provider to determine what benefits you might qualify for.

Doula services have been linked to improved birthing outcomes such as:

- + reduction of C Sections
- + lower rates of stress and anxiety during labor
- + enhanced pregnancy, postpartum, and parenting education
- + personalized feeding support
- + improved communication and continuity of care



Flourish Care

www.flourishcommunitycare.com
844-401-2229

Sacred Birthing Village

New Bedford, MA
www.sbvsouthcoast.org
508-781-2951

MA Doula Coalition

Boston, MA
www.madoulacoalition.com