

# Doulas: The Re-Emergence of Woman-Supported Birth in America



## Birth Ambassadors: Doulas and the Re-Emergence of Woman-Supported Birth in America by Christine H. Morton

★★★★☆ 4.7 out of 5

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Doulas are birth professionals who provide physical, emotional, and informational support to mothers before, during, and after childbirth.

While doulas have been around for centuries, they have only recently regained popularity in the United States.

## The History of Doulas in America

The first doulas in the US were midwives who provided both medical and emotional support to women during childbirth. However, in the early 20th century, the medicalization of childbirth led to the decline of midwifery.

In the 1970s, the feminist movement revived interest in natural childbirth, and doulas began to reemerge.

Today, doulas are an essential part of the childbirth team for many women.

## **The Benefits of Having a Doula**

Studies have shown that doulas can help mothers to:

- Reduce their pain levels during labor and delivery
- Decrease their need for medical interventions, such as epidurals and cesarean sections
- Have shorter labors
- Increase their satisfaction with their birth experience

In addition, doulas can provide valuable support to the mother's partner and family members. Doulas can also help to ensure that the mother's birth plan is respected.

## **Choosing a Doula**

When choosing a doula, it is important to find someone who:

- Has experience and training in providing doula services
- Shares your birth philosophy
- Has a good personality and is easy to talk to
- Is available on your due date

It is also helpful to meet with several doulas before making a decision.

## **The Importance of Doulas**

Doulas are an important part of the childbirth experience. They provide physical, emotional, and informational support to mothers throughout their pregnancies and births. Doulas can help to make childbirth a more positive and empowering experience for mothers and their families.

If you are considering having a doula, I encourage you to do your research and interview several different doulas.

I believe that doulas can play a vital role in helping women to have safe and healthy births.

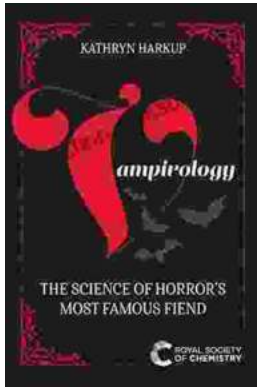


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