

WOMBS

WOMEN OFFERING MOTHERS BIRTH SUPPORT

WHAT IS A DOULA ?

“Doula” is a Greek word meaning “woman who helps women”. In South Africa, Doulas are also known as Childbirth Companions. A Doula provides non-medical, continuous, uninterrupted, emotional and physical support to the woman and her partner for the duration of her pregnancy, labour and childbirth and in the postpartum period. This care takes the form of comfort, reassurance and gentle touch.

WHY SHOULD YOU HIRE A DOULA?





- 
Reduction in Cesearean sections
- 
Women satisfied with their birth experience
- 
Improved breastfeeding rates

WHAT WILL A DOULA DO FOR ME?

The presence of a Doula has consistently been shown to increase positive feelings about the birth experience for both the Mother and her partner. Doulas are becoming increasingly visible and important on labour wards because of their positive effect on all who are involved with the birth process.



A DOULA HELPS IN THE REDUCTION OF:

- 
Oxytocin use
- 
Postpartum Depression
- 
Pain medication/epidural request
- 
Need for vacuum/forceps assistance

BE



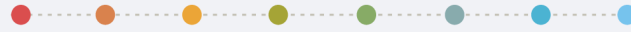
KIND

BE



GENTLE

ABOUT WOMBS DOULAS



WOMBS doulas are easily identified as they wear blue or pink scrubs with a WOMBS badge or logo.

They carry all their necessary documentation in their bags.

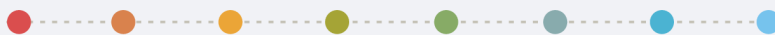
Additionally, they volunteer their time in State facilities, giving back to the community, which is uplifting for the clients, their families, staff and for the doulas themselves.

WOMBS is a National Association of professionally trained Doulas that was first established in 2001.

Our members work according to a clear Code of Conduct and Scope of Practice so that they can provide the best in professional Doula care.

They are also required to participate in Continued Professional Development in order to stay up to date on the latest research and evidence-based practice in childbirth.

THE PRESENCE OF A DOULA...

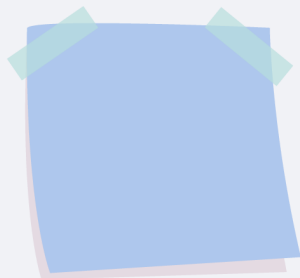


INCREASES:
Positive feelings
about giving birth



REDUCES:
Perception of
pain during
labour

MY DOULA'S DETAILS:



*All WOMBS doulas are members of the
South African Doula Association Admin (SADAA)*



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