

## Getting a Birth Doula

**Call Toll-Free**

*Doulas Care*

**(866) 845-0003**



Call Doulas Care to ask for a birth doula. You will be asked where you live, when your baby is due, and if you have any special needs or concerns.

Our birth doulas are volunteers. Therefore, there are no fees for our birth doula services, provided you qualify within our income eligibility guidelines. Others who are not eligible can receive the same services for a reduced fee.

You can call to ask for a birth doula anytime before your due date. However, it is better to call sooner rather than later. This way, we will be able to better match you with a doula nearest you, that is qualified for the needs or concerns you've expressed. You will be contacted once a match has been made.

# *Doulas Care*

**Community-Based Doula Programs**

*Nurturing, Educating, and Empowering  
Childbearing Families*

**Administrative Office**

located at:

2500 Packard

Suite 101

Ann Arbor, MI 48104

**Washtenaw County**

**734.332.8070**

**Toll Free**

866.845.0003

**Spanish Speakers**

**734.478.0045**

**Program Director**

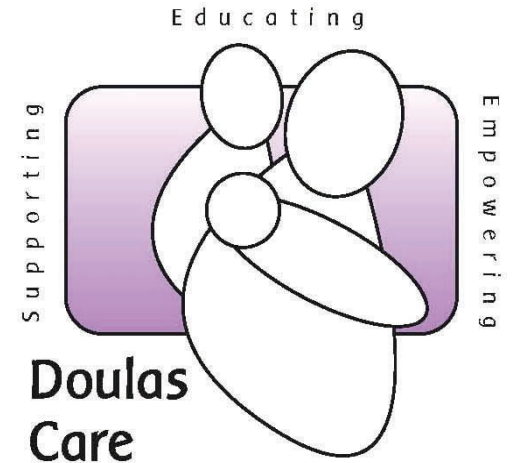
Marylee Scherdt

**Email:** [Info@DoulasCare.org](mailto:Info@DoulasCare.org)

**[www.DoulasCare.org](http://www.DoulasCare.org)**

Free services are based on income eligibility guidelines.

*Doulas Care* is a 501(c)(3) non-profit corporation offering services to newly postpartum women and their families. Funding for this program has been provided by March of Dimes, Blue Cross Blue Shield of Michigan, W.K. Kellogg Foundation, James A. and Faith Knight Foundation, Ann Arbor Thrift Shop, The Young Women's Home Association of Detroit, and private donors.



## **Birth Doula Program**

**Volunteer Support  
Services for  
Pregnant Women**

## Definition

There are two types of Doulas: Birth Doulas and Postpartum Doulas. In general, a Doula is a woman who has been trained to provide special support for women during the childbearing year.



A Postpartum Doula assists the new mother and her family *after* the baby is born. They provide extended in-home care and support for women following birth. Typical services include 2-3 visits per week for 3-6 weeks.\*

A Birth Doula provides prenatal support to the pregnant woman and helps her to prepare for the birth of her baby.

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\*Doulas Care organization does offer a Postpartum Doula Program. Please inquire if interested.

## Program

The **Doulas Care Birth Doulas Program** matches volunteer doulas with pregnant women in counties throughout southeastern Michigan who have limited resources and are in need of extra support. The doulas typically come from the same community as the women served. Some bi-lingual and bi-cultural doulas are available.

Doulas provide non-medical care including social, emotional, and educational support. Birth Doulas Provide three or more prenatal meetings and up to three postpartum visits. They also offer



personal, one-on-one labor support at the birth, but do not take the place of partners or other family members. The Doula can show them how to help you when you are in labor and help them to be as involved as you want them to be.

## Services

### During your Pregnancy, Birth Doulas:

- Help you prepare for your birth, answer any questions you may have, and create a birth plan.
- Help you plan for prenatal appointments, childbirth classes, or help you with transportation to the hospital during labor.
- Help you access free or low-cost community resources.



### During Labor, Birth Doulas:

- Stay with you during your labor and provide reassurance, encouragement, and physical support
- Help to ensure that services provided are tailored to you and that your desires are heard
- Help to promote bonding between you and your baby by providing support for the first two hours after your baby is born.