

# Doula services

## What is a doula?

A **doula** is someone who supports pregnant people and families before, during, and after birth. Doulas can give:

- physical and emotional support
- information about birth
- tips on how to relax and how to handle pain
- information about feeding your baby
- help with healing after birth



Photo: americanpregnancy.org

## People who use doulas have:

- a shorter labor
- less of a need for an epidural (medicine that numbs you) during birth
- less of a need to use vacuum or forceps during birth
- a lower chance of a C-section
- a lower chance of post-partum depression (feeling very sad after giving birth)
- an easier time breastfeeding
- a better experience giving birth

## What is Ancient Song Doula Services?

CHN works with Ancient Song Doula Services to match patients with doulas.

- Most patients are matched with a doula during pregnancy. Or you could use an on-call doula when you give birth.
- Ancient Song also offers workshops about birth, feeding your baby, and healthy eating.
- Ancient Song doula services are free or very low-cost. Services are always free if you are 19 or under. Ancient Song will never turn anyone away.



For more on Ancient Song, call 917-947-8933 or go to [ancientsongdoulaservices.com](http://ancientsongdoulaservices.com).

**Talk to your CHN health educator or doctor to learn more about doulas.**