



# What is a Doula?

At Virginia Garcia we understand how important doulas are for our patients, and we want to make having one by your side easier. We have partnered with a group of doulas-in-training that are ready to help you during this important time, free of charge.

## Is a Doula Right for Me?

A doula is not a clinician like your midwife or your family doctor taking care of you during your prenatal care and your hospitalization. A doula is a person trained and certified to support women during pregnancy, labor and the postpartum period. The doula is there to provide support throughout the entire process providing physical, emotional and informational support before, during and after childbirth, allowing you to have the healthiest, most satisfying experience possible.

## Do I Need a Doula?

Your health care provider may have several patients in labor at the same time and may not be able to provide the amount of support you really need, because they are being pulled in several directions at the same time.

### Having your own doula ensures that you:

- have continuous support throughout your labor
- are hydrated, well fed and are changing positions frequently
- are understanding everything that is being done while you are in the hospital

**We know that having a doula during your pregnancy, labor, and the postpartum period can decrease your risk of having a cesarean section, can improve your level of satisfaction with your birth experience and can improve your success at achieving your breastfeeding goals.**

If you are interested in finding out more about having a doula take this journey with you, or want to find out more about becoming a doula for others in your community, please talk to your provider today or contact Elena Gainey at 503-597-4513 or [egainey@vgmhc.org](mailto:egainey@vgmhc.org)



Virginia Garcia Memorial  
**HEALTH CENTER**