



Pregnant?

**You can benefit
from doula care**





What is a doula?

A doula is a professional, trained childbirth assistant who provides nonmedical support and:

- Helps you prepare and carry out your childbirth plans
- Guides and supports you during labor and childbirth
- Helps you with breastfeeding and caring for your newborn

Studies show that pregnant people who work with doulas:

- Have a shorter labor
- Are less likely to have a C-section
- Have a better childbirth experience

For more information, call 311, visit nyc.gov/health/doula or scan the QR code below.



This material was created in collaboration with the Maternity Hospital Quality Improvement Network (MHQIN) and Doula Capacity-Building Workgroup. For information about the MHQIN, visit nyc.gov/health and search for **Equity in Maternal Care**.

