

Need Birth Support?



The Doula Partnership

What is a birth doula?

A birth doula is a trained professional who provides physical, emotional, and informational support to a birthing individual before, during, and shortly after childbirth to help them achieve the healthiest, most satisfying experience possible.

What exactly does a birth doula do?

A doula provides encouragement, comfort, support, and advocacy help as needed or desired by the birthing individual. This may look like providing assistance with navigating pregnancy questions and challenges, connecting with local resources, clarifying birth goals, learning comfort techniques and labor positions, preparing for the postpartum time, and more!

Having a birth doula can help to:

- Shorten labor
- Increase in the likelihood of a spontaneous vaginal birth
- Decrease in the risk of Cesarean birth
- Decrease use of medications during labor
- Increase satisfaction with pregnancy and birth
- Increase Apgar score of baby

The Doula Partnership is a no-cost program that aims to promote and provide birth doula services for Cortland community members who identify as low-income, may have challenges accessing prenatal, birth, and postnatal support, and/or have experienced previous adverse maternal health outcomes.



Scan me for more info!



To get matched with a doula or learn more, connect with us at:
www.sevenvalleyshealth.org/doula
gabrielle@sevenvalleyshealth.org
or (607) 756-4198

