

Doulas

Preparing for the birth of your baby is one of the most exciting times in your life. For some, the journey through birth is gentle and easy, and for others the process can be long and challenging. As you begin your own journey we encourage you to consider the benefits of using a labor doula as a part of your birth team. Continuous labor support from a professional doula can go a long way toward easing the mind and providing reassurance that labor is progressing normally. At Wentworth-Douglass Hospital, we believe that hiring a doula is a very personal decision. When your doula arrives to join you, they will be welcomed as an integral part of the support team here.

WHAT IS A DOULA?

A labor doula is someone trained and experienced in supporting a pregnant person through childbirth. They provide continuous physical, emotional and informational support before, during and after labor. The emergence of doulas is relatively new in hospital settings, however doulas and the evidence that supports their work have been around for a long time.

Doulas do not replace the support that a partner may provide during childbirth. Instead doulas serve as a resource and guide to help the birth partner feel more engaged in the process.

DOULAS PROVIDE THE FOLLOWING:

- Emotional support by encouragement, assisting with relaxation, and guiding you through challenging moments.
- Help with labor progress by suggesting position changes, and strategies to enhance comfort and physical relaxation.
- Continuous support - a valuable tool in helping to achieve a shorter and more comfortable birth.
- Knowledge on how to work with the medical team to help keep you informed and educated along the way.

WENTWORTH-DOUGLASS AFFILIATED DOULAS:

Please know that all professional Doulas are welcome at Wentworth-Douglass Hospital. The Doulas listed below are officially affiliated with our hospital, meaning they have met certain standards and criteria.

They include:

- **JALEH DASHTI-GIBSON, CD(DONA)**
doulamatch.net/profile/14670/jaleh-dashti-gibson | (574) 335-9606
- **AMY PETERSON, AdvCD(DONA), CLC, SBD**
houndhill.com | (603) 767-5382
- **MARISSA SCOTT, MA, MT-BC, CLD**
creativeartsbirth.com | (603) 978-4808
- **KORIN WHITE, MAT, CD(DONA), CCCE, CHBE**
korinwhite.wix.com/birthservices | (603) 859-3635
- **EMMA DOLAN, CD(DONA)**
emmadolanbirthdoulas.com | (207) 351-7486
- **ALIAH MARDEN, CD, CLC**
aliahmardendoulase.wixsite.com/website | (603) 397-7593

For more information, contact the Wentworth-Douglass Maternal/Child Resource office at (603) 609-6964.

Professional Doulas are trained and experienced in supporting a birthing person and their family before, during and after birth. Doulas are not medical professionals and they do not make decisions for mothers or perform medical tasks. The Doulas listed here are affiliates of Wentworth-Douglass Hospital and are not employees. Please know the cost for a Doula can range depending on experience and the services provided. Although most insurance companies do not reimburse for Doula services, we advise you to check with your insurance provider for more information.



WENTWORTH-DOUGLASS
HOSPITAL

A Mass General Community Hospital

WOMEN & CHILDREN'S CENTER