

DOULA SERVICES

WHAT IS A DOULA?

A non-medical professional that supports pregnant people & families by:

Answering questions about pregnancy, labor and after birth

Providing comfort through physical support

Offering emotional support

ABOUT TDN DOULAS

TDN doulas are certified, First Aid + CPR trained, carry professional liability insurance, HIPAA certified, and background checked



THE DOULA BENEFIT

- 1:1 Visits during pregnancy and after birth
- In Person Labor Support at Birthing Location
- Text, email, and phone support provided between visits
- 24/7 on-call support from 37 weeks until birth
- Visits can be at your home, doctor's office or public place.

What does a doula do?

DO'S

- PROVIDE HANDS-ON SUPPORT
- PROVIDE EVIDENCE-BASED EDUCATION MATERIALS
- PROVIDE EMOTIONAL SUPPORT
- RESPECT EVERYONE ON MEDICAL TEAM
- SUPPORT THE CARE TEAM WHEN NEEDED

DONT'S

- PERFORM MEDICAL PROCEDURES
- DIAGNOSE, TREAT, OR INTERVENE DURING MEDICAL TREATMENT
- GIVE MEDICAL ADVICE
- TAKE PLACE OF MEDICAL PERSONNEL

MORE INFORMATION

Contact the doula team by
hello@thedoulanetwork.com
or calling 877.436.8527