



## Benefits of a doula and what the research shows.

The presence of a doula providing continuous support repeatedly produces significant reductions in:

- Requests for pain medication
- Use of epidurals
- Instrumental delivery (forceps or vacuum)
- The length of labor
- Number of cesarean operations

*Scott, Berkowitz and Klaus, A comparison of intermittent and continuous support during labor: a meta-analysis. American Journal of Obstetrics and Gynecology, May 1999.*

## Long term benefits to mothers and families:

- Mother's increased satisfaction with her birth experience
- Increased positive feelings towards partner/father
- Significantly increased success with breastfeeding
- Decreased incidence of severe and moderate postpartum depression
- Increased maternal self-confidence and self-esteem

*Klaus and Kennell, The Doula Book, 2002 - "Doulas Contribution to Maternity Care"*

**At your birth your doula will support and be your shadow to you and your partner.**



**White Owl Doula support services are available through out Melbourne and surrounding areas.**

**Phone:** 03 9723 6747

**Free Call:** 1300 306 698

**Mobile:** 0408 390 113

**Email:** [info@whiteowlwellness.com.au](mailto:info@whiteowlwellness.com.au)

**Website:** [www.whiteowlwellness.com.au](http://www.whiteowlwellness.com.au)

[www.doulabirths.com.au](http://www.doulabirths.com.au)

### Our Location

209 Mt Dandenong Rd

Croydon, Vic 3136

*Parking at rear on James Kerr Laneway.*

### For Online Street Directory:

go to [www.whereis.com.au](http://www.whereis.com.au)

### Clinic & Showroom Hours

Monday to Friday 9.30 am – 5 pm

Saturday 9.30 – 1 pm

*EFTPOS, Visa & MasterCard Accepted*



# Doula Birthing Support



**White Owl  
Birthing**

# White Owl Birthing Services— the benefits of a doula



Your **White Owl Doula** can assist your journey of pregnancy labor and new parenting to be a journey of continuous professional support information and advice.

## What is a Doula?

- A Doula is an extra pair of knowledgeable hands.
- Is a resource for information about pregnancy, birth and parenting.
- Stays with the laboring mother through her entire labor.
- Works for the mother, not the care provider or the hospital.
- Helps to create an environment where mothers and their families can labor comfortably and effectively.
- Supports fathers and partners so they can concentrate on nurturing and caring.
- Works in hospitals and at home.
- Helps create positive birth memories.

## What does a doula do?

- Provides continuous care throughout the labor.
- Has skills for making labor easier to cope with and less painful
- Knows specific techniques for helping with back labor
- Can provide early labor support at home
- Assists with relaxation & visualization techniques
- Offers support for vaginal birth after cesarean (VBAC)
- Liaisons with hospital staff to facilitate decision making for you and your partner
- Helps you to prepare a personalized birth plan

- Can suggest comfort measures during pregnancy, labor and postpartum periods
- Is aware of baby's needs for a gentle massage
- Provides newborn and breastfeeding education and support
- Can provide information about local community resources
- On call 24 hours for clients for support

## Who uses doulas

- First time mothers
- Families with other older children
- Mothers recovering from a Cesarean Surgery
- Partners who return to work early
- Families with multiple births such as twins or triplets

## Postnatal Birth support for the first 6 weeks

The benefits are tailored to the mother and father's individual needs.

- Increased chance of breastfeeding successfully
- Increase earlier bonding with mother and the whole family unit
- Reduces post natal depression
- More support for mother if exhaustion, frustration, and anxiety during the early weeks of parenting for both mother and father
- Partner can return to work sooner reducing his worry and guilt about leaving mum on her own
- Support understanding a newborn's behavior

- Infant massage teaching to increase the bond and attachment of parents and baby
- Supports the mother when having another baby and is able to mind the other children until after the delivery

## What does a postnatal doula do?

- Assist with breast feeding support
- Caring for the mother
- House duties, cooking meals, shopping
- Caring for infant while mum has a rest
- This is so the mum can spend more time bonding and resting with the baby

## White Owl Birthing service offer...

Natural therapies services and products to support you and your partner to wellness

Health rebates apply for individual practitioners for

- Infant massage,
- Lactation consultation
- Naturopathy.
- Child birth Education Classes

**White Owl Doula support services are available through out Melbourne and surrounding areas.**

Care is provided by Qualified nurses, midwives and other health professional networks who have had police and working with children checks and are current with their registrations for professional practice.

**Gift Vouchers for ALL services and products are available**