

# THE BENEFITS OF DOULAS



Doulas are non-medical professionals who provide continuous physical, emotional and informational support to a mother before, during and shortly after pregnancy.



1

## INFORMATIONAL SUPPORT

This can look like increased awareness of signs of complications, pros and cons of pain relief options, stages of labor and birth, comfort measures, etc.



2

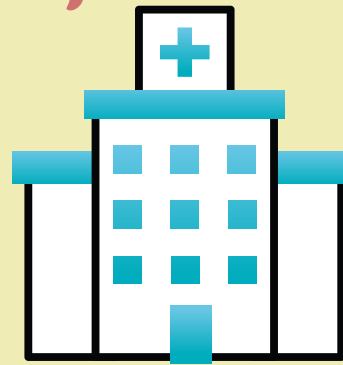
## EMPOWERMENT & ADVOCACY

Doulas empower women and partners to be their own best advocates and to make decisions that align with what they want for their birth experience.

3

## BIRTH SUPPORT

Doulas support births in any setting including in a hospital, birth center, or at home.



4

## BREASTFEEDING SUPPORT

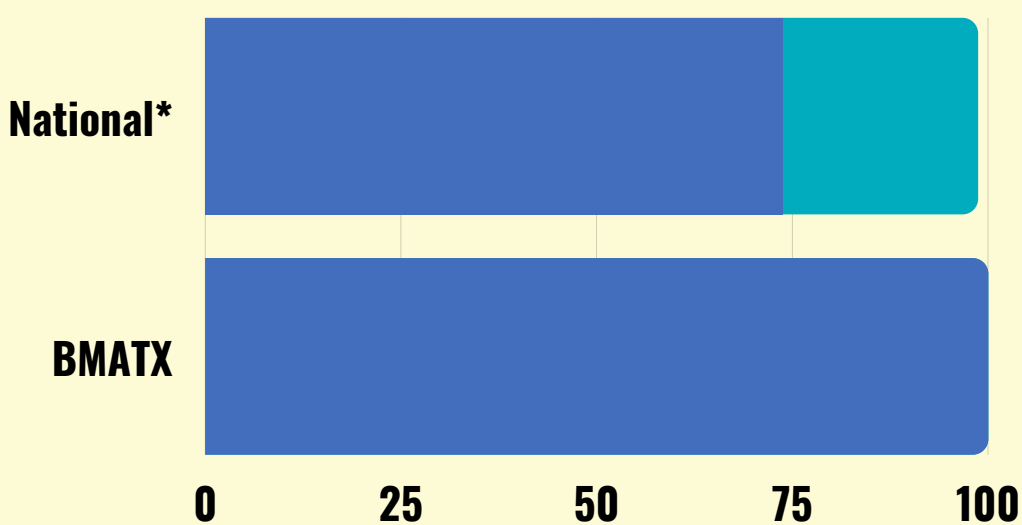
Doulas educate moms on the benefits of breastfeeding, introduce moms to breastfeeding resources, and assist with latching.



# HOW BMATX STANDS OUT

1

## BLACK BREASTFEEDING INITIATION RATES



2

## 1 YEAR POSTPARTUM CARE

BMATX provides doula support up to 1 year after birth to ensure that mom is supported, thriving and baby successfully reaches the 1 year milestone.

