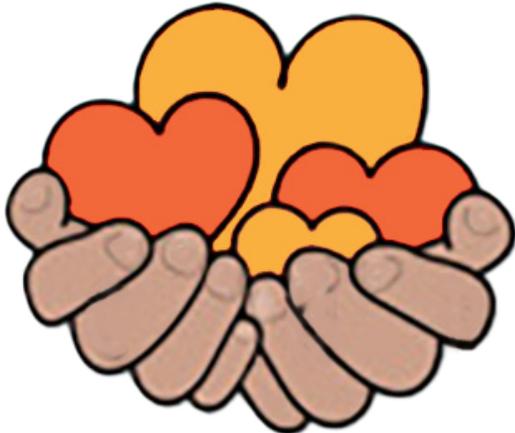


CCRMC Laboring Hearts Doula Program

Support for you, your partners
and family at

NO COST



For more information visit us:

ONLINE

CCRMC Doula Program
Contra Costa Health
cchealth.org



IN PERSON

or ask staff when you arrive
at the hospital

CCRMC Laboring Hearts Doula Program



Building A Meaningful Birth Experience

CONTRA COSTA
HEALTH 



WHAT IS A DOULA?

Doulas offer comfort and emotional support to pregnant women and families during labor, birth and recovery. Doula support has been scientifically shown to improve satisfaction with the birth experience, improve health outcomes and to help avoid unnecessary cesarean births.

CCRMC doulas are trained, qualified volunteers with passion and skills to help you have a meaningful and safe birthing experience. Doulas work with nurses, midwives and doctors, but are not medical personnel.



CCRMC DOULAS OFFER:

- Support while you are staying in the hospital, at no cost
- Pain-relieving position changes, ways to breathe, massages, coaching and mentoring. Most importantly, doulas listen to what you want help with.
- Offer support for those anticipating cesarean or vaginal births, with or without use of pain medication or epidural use.
- Assist birthing persons in communication with staff.
- Help the birthing person by reinforcing bonds with their partners, family or friends.
- Assistance with recovery, breastfeeding skills, skin-to-skin and comfort for your baby.
- Recommendations for your birth team, helping them to best support you.



HOW CAN I GET A CCRMC DOULA TO BE AT MY BIRTH?

Simply inquire! Inform your healthcare provider of your desire for doula support upon your arrival at the hospital. You are welcome to request doula assistance at any time during your hospital stay, whether it be day or night, and we will make every effort to find an available doula to assist you. While we strive to secure a doula for you, please note that their schedules as volunteers may not always align.

During your birth a Doula can help you feel...

CONFIDENT
READY
SUPPORTED
STRONG
SAFE
COMFORTABLE
CALM
CAPABLE
RESPECTED