

GLOBAL PERINATAL SERVICES

PREGNANCY, PARENTING & BEYOND



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What is a Doula?

Doulas are professionals trained in all things childbirth that provide continuous physical, emotional, and informational support to a mother during pregnancy, childbirth, and postpartum. The goal of a doula is to help make sure the mother has a safe, educated, and empowering birthing experience, whether it is a medicated birth, unmedicated birth or a cesarean. After birth, doulas will help new mothers begin the breastfeeding process and encourage bonding between the baby and family members.

How Your Doula Will Work With You:



Before Childbirth:

- Meet with you during your second or third trimester to get acquainted
- Help you develop a birth plan
- Teach you relaxation and breathing techniques
- Answer your questions about the birthing process
- Help you understand labor and delivery procedures and possible complications



During Childbirth:

- Stay with you and provide continuous comfort and support
- Use massage and touch techniques to help you relax and rest
- Help you get into comfortable positions
- Help you get proper nutrition and fluids
- Advocate for your preferences to the medical staff



After Delivery:

- Teach you how to care for your baby
- Assist with breastfeeding education
- Provide support and encouragement to bringing your baby home
- Support other members of the family and teach them how to help you
- Make sure you get plenty of rest, eat regularly, stay hydrated, and are comfortable

1 Community-Based Doula Program

For women who are around 28 weeks or 6 months of pregnancy or less. Community Based Doulas will work with the client for one year after birth. These services are free to low-income, immigrant and refugee families living in King County.

Languages Available: Somali

Based on availability and language spoken

2 Birth Doula Program

For women seeking a short term doula services (two visits Prenatal, Labor & Birth and two Postpartum visits). Birth doulas work with the pregnant women from the third trimesters till three months postpartum. These services are free to low-income, immigrant and refugee families in living in King County.

Languages Available: Somali, Amharic, Tigrinya, Arabic, Oromo, Mandinka, Wolof, Shona, Maay Maay, Hindi, Susu, Nek, Bambara, French and English

Based on availability and language spoken

Program Requirements

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- King County Resident
- Immigrant or Refugee
- Medicaid, WIC, Public Health Nursing (PHN) or DSHS benefits recipient

How To Get Started

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You can fill out the Client Intake Form on our website (under "Find a Doula"), call or email us! Our Doula Program Coordinator will follow up with you to determine eligibility and pair you with a Doula.