



## Birth Doulas and Postpartum Doulas

**Categories :** [Children and Families](#)

A Doula is professionally trained to assist in childbirth, and they would provide emotional, physical, and educational support to a mother who is expecting, is experiencing labor, or has recently given birth. They give support and help women to have a safe, memorable, and empowering birthing experience.

Go to the following sites for more information: [DONA International](#) or [American Pregnancy Association](#) for more information on birth doulas and postpartum doulas.

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*SOURCE: DONA International/American Pregnancy Association*

*PREPARED BY: 211/mm*

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