



Doula Network

Australia



Welcome!! 😊

Webinar 4 – What is a doula? (Part 2)

12 July 2017

DOULA NETWORK AUSTRALIA INCORPORATED

Purpose

- ▶ To create a position paper on this topic.

Roles

- ▶ Time keeper & Chat Monitor - Sandra
- ▶ Note taker – Christa

This meeting is being recorded!

WARNING

Contributors

- ▶ Christa Buckland
- ▶ Sandra Mulligan
- ▶ Krista McCrimmon
- ▶ Jennifer Hazi
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Topics

- ▶ Definition
- ▶ Roles
- ▶ Scope of practice
- ▶ Types of doulas
- ▶ Difference between midwife and doula
- ▶ Evidence?
- ▶ History
- ▶ Training



Notes

- ▶ Definition (elevator pitch)
 - ▶ What a doula is NOT – not medical support,
 - ▶ “rent-a-sister”, birth support, comfortable with the birth process and/or the process of transitioning to parenthood, trained in the variations of pregnancy, birth, postnatal, continuous support (emotional, physical, informational), for the whole family not just the mother, spiritual support, mental support,
 - ▶ advocacy and support for the choices that the woman and/or family make
 - ▶ Trained and experienced support person,
 - ▶ Birth professionalanother



Notes

- ▶ Roles (what we do)
 - ▶ Fundamental holding of space, being 'with', present
 - ▶ Some auxiliary tasks
 - ▶ Massage, hypnosis, rebozo, reiki, homeopathics, encouragement, acupressure, positioning suggestions etc.



Notes

- ▶ Types of doulas – what each does and scope of practice
 - ▶ Antenatal doula
 - ▶ Birth doula
 - ▶ Postnatal doula - ?light cleaning? Tidying or organizing might be better. Self care of mother should be high up in the list of what they do.
 - ▶ All of the above
 - ▶ Scope of practice – non-medical/clinical.
- ▶ Difference between midwife and doula – non-medical, continuous support (midwife not always in the room and has many other tasks), conflicting priorities – the medical system and the family priorities/needs, hired by the family, doula may help to identify options



Notes

- ▶ Evidence?
 - ▶ Cochrane review
 - ▶ Scoping review: List of other research/studies (links) or references.



Notes

▶ History –

- ▶ Greek word, meaning may have changed over time, female slave? Ancient greek translation – check modern translation?
- ▶ Dana Raphael 1973 – coined the term, also used by ABA for mother support, experienced person helping a less experienced person like a mentor.
- ▶ Not a new role. It's actually a really old role – everyone had a doula, they just didn't call them a doula. The gap is new, the role is old.
- ▶ “Godsibs” = gossip



Chat notes

- ▶ <https://www.britannica.com/biography/Dana-Raphael>
- ▶ <https://en.wiktionary.org/wiki/doula> Ancient Greek δοῦλη (doúlē, “female slave”)
- ▶ Draft – present to members by 5 August. To be voted on at AGM.



Julia's notes – Postnatal doula role

- ▶ In the past community would come together to support new mothers. Now we live in nuclear families and culturally don't have much understanding of women's needs after childbirth. Sadly many new mothers feel isolated, overwhelmed and exhausted.
- ▶ Postpartum doulas are non-medical professionals designed to fill this gap with emotional and physical support during the life-changing transition to motherhood. Postpartum doulas help women step into their roles as mothers with confidence and satisfaction.
- ▶ Postpartum doulas will support new parents to bond with their baby encouraging them to spend time together. The postpartum doula will facilitate the parents in gaining a deeper understanding of their babies personality and temperament and develop confidence in their unique parenting style.
- ▶ Postpartum doulas typically provide companionship and emotional support by actively listening, providing a shoulder to cry on or having a cup of tea and a laugh together with the mother.
- ▶ Beyond emotional support, which is provided at every visit, sessions will vary according to the mothers needs on that day and may include some of the following.



Julia's notes – Postnatal doula role

- ▶ In order to empower new parents in their choices a postpartum doula may provide evidence based information regarding basic baby care and normal breastfeeding. A postpartum doula will always make referrals where appropriate.
- ▶ Having a baby is a big transition for everyone and a postpartum doula will also provide support for partners, siblings and extended family during the adjustment period. Postpartum doulas understand the dynamics of all relationships will be affected and support positive communication.
- ▶ Postpartum doulas will endeavour to build a community for the new mother by connecting her with classes, groups and other professionals. Families may need support managing visitors, extended family, friends and neighbours including boundaries.
- ▶ A postpartum doula will encourage the mother with self-care and in asking for help.
- ▶ Physical and practical support may include light cleaning and cooking nutritious meal for the whole family.



Write up plan







Thank you!! 😊
Online Meeting
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