



Doula Network
Australia



Welcome!! 😊

Webinar 2 – What is a doula?

16 June 2017

DOULA NETWORK AUSTRALIA INCORPORATED

Contributors

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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, trained in the variations of normal (pregnancy, birth, postnatal), continuous support (emotional, physical, informational), for the whole family not just the mother,
- ▶ Roles (what we do)
 - ▶ Another set of hands, another body, another “you”



Notes

- ▶ Types of doulas – what each does and scope of practice
 - ▶ Antenatal doula
 - ▶ Birth doula
 - ▶ Postnatal doula
- ▶ 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 helps to identify options
- ▶ Evidence?



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 thing. It's actually a really old thing – everyone had a doula, they just didn't call them a doula. The gap is new, the role is old.



Chat notes

- ▶ <https://www.britannica.com/biography/Dana-Raphael>
- ▶ <https://en.wiktionary.org/wiki/doula> Ancient Greek δούλη (doúlē, “female slave”)



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.
- ▶ 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 meals for the whole family.



Write up plan







Thank you!! 😊
Online Meeting
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